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THE 2013 HEALTHY LUNCHTIME CHALLENGE

COOKBOOK



54 winning recipes from America's junior chefs

**“Our Kids’ ‘State Dinner’ is one of my favorite events of the year, and the kid chefs who come from around the country never cease to impress and inspire me with their creativity and ingenuity.”**

*—First Lady Michelle Obama*



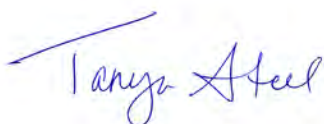
Sheer inspiration: That's the common ingredient in every recipe we received from more than 1,300 junior chefs who whipped up their best dishes for the second annual Healthy Lunchtime Challenge & Kids' "State Dinner." Presented with the chance to attend a once-in-a-lifetime event at the White House, and drawing on their creativity, passion, and the guiding examples set by parents, friends, doctors, First Lady Michelle Obama, and *Let's Move!*, these children rose to the challenge; they shared their delicious, affordable, original, and most of all, nutritious recipes.

The stories behind the recipes were sometimes moving and sometimes funny (according to one contestant, dogs make great food critics), but all the submissions shared one goal: to create nutritious food to make and keep one's body and mind as strong and healthy as possible, and to share this vision with others. There were other commonalities among the recipe entries, to be sure—ground turkey, Greek-style yogurt, and fresh salmon are clearly among kids' favorite building blocks to a healthy diet.

We loved reading every entry, and though narrowing them down was no easy task, we are pleased to present this book featuring the 54 winning recipes and the amazing children who created them. In some cases, we adapted the recipes slightly—something we do at Epicurious for even the most experienced chefs—to make sure the dishes are as fresh and tasty as possible.

A few years ago, when I conceived of this contest to help increase awareness and knowledge of healthy eating among America's kids, I knew many gifts would spring forth. Children are gaining a chance to visit the White House, America's heart and home, and to meet the extraordinary Mrs. Obama. And most of all, the contest is motivating kids and families across the country to get together in the kitchen to cook, share, laugh, and learn about eating wholesome food.

For those who didn't win or enter this year, we hope this cookbook will excite and inspire you to enter the Healthy Lunchtime Challenge next year. In the meantime, we at Epicurious, the Department of Education, the Department of Agriculture, *Let's Move!* Executive Director and Assistant White House Chef Sam Kass, and Mrs. Obama wish you all a lifetime of good eating, good health, and much happiness.



Tanya Steel  
EDITOR-IN-CHIEF

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# RECIPES

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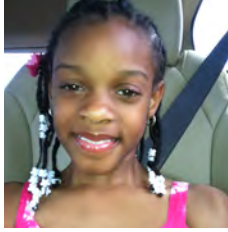
Wisconsin Solar  
Oven-Simmered Chili

## WYOMING

Scrumptious Chili with  
Zucchini Cornbread



**MEET THE WINNERS...**



# Kale, Broccoli, Chicken, and Apple Salad

KINDALL SEWELL-MURPHY, 10

"I love salad!! And me and my aunt were playing around in the kitchen and combined two of our favorite recipes," says Kindall. "I would include on the side a whole wheat tortilla because all the other food groups are in it."

Makes 6 to 8 servings

## INGREDIENTS

3 cups rotisserie chicken, cut into bite-size pieces

3 cups kale, torn into bite-size pieces

2 cups broccoli florets, cut into bite-size pieces

2 cups broccoli slaw

1 cup thinly sliced Brussels sprouts

1 medium plum tomato, chopped

1 cup shredded low-fat Mexican-blend cheese (or your favorite low-fat cheese)

1/2 cup chopped red onion

1/2 cup dried fruit and nut mix or pumpkin or sunflower seeds

1/4 cup dried cranberries

1 1/2 cups cored, peeled, and chopped Honeycrisp apples or your favorite apple variety

Juice from 1/2 lemon

1 cup creamy poppy seed dressing or your favorite low-fat dressing

6 to 8 whole wheat tortillas

## PREPARATION

1. In a large bowl, toss together the chicken, kale, broccoli florets, broccoli slaw, Brussels sprouts, tomato, cheese, red onion, fruit and nut mix, and dried cranberries.
2. In a small bowl, toss together the apples and lemon juice. Add the apples to the salad, drizzle with salad dressing, and toss well. Serve as a salad or use the whole wheat tortillas to make wraps.

**536 calories; 31g protein; 51g carbohydrates; 23g fat (5g saturated fat); 653mg sodium**





# Alaskan Ceviche with Mango

ROWAN BEAN, 9

"I came up with this because it's a dish that has mostly fresh fruits and vegetables. It also has Alaskan fish and Alaskan spot prawns, which is the best seafood in the world. These are all things that I like," says Rowan. "I would put whole-grain tortilla chips and low-fat milk to balance it out for a healthy meal."

Makes 6 to 8 servings

## INGREDIENTS

1/2 cup fresh grapefruit juice  
 1 to 2 Alaskan rockfish fillets, or any white, firm fish, skin removed and chopped into bite-size pieces  
 10 Alaskan spot prawns or large shrimp, peeled, cleaned, and tails removed, then cut into bite-size pieces  
 6 plum tomatoes, chopped  
 1 mango, peeled and chopped  
 3/4 cup chopped fresh cilantro leaves  
 1/2 cup chopped white onion  
 1/2 cup freshly squeezed lime juice  
 1/4 cup freshly squeezed lemon juice  
 1/4 cup freshly squeezed orange juice  
 1 teaspoon minced jalapeño or serrano chile (optional)  
 1 teaspoon kosher salt

## PREPARATION

1. In a medium saucepan over moderate heat, bring the grapefruit juice to a boil. Add the rockfish and prawns, reduce the heat to a simmer, and poach the fish and prawns until just tender, about 3 minutes. Transfer the fish and prawns to a non-aluminum bowl, cover, and chill in the refrigerator up to 3 hours.
2. In a large bowl, toss together the tomatoes, mango, cilantro, and onion. Add the lime, lemon, and orange juices, the jalapeño or serrano chile, if using, and salt. Add the chilled seafood, stir to combine, and taste to see if you want to add more salt, citrus, or spiciness. Serve immediately or chill up to 2 hours for later use.

**101 calories; 11.6g protein; 11g carbohydrates; 1g fat (0g saturated fat); 232mg sodium**





# Banana's Black Bean Burritos

ALEXANDRA NICKLE, 10

"My nickname is Banana. My mom has called me Banana ever since I was a baby because I always ate bananas. Shhh... Don't tell any other kids in Arizona that this is my nickname," says Alexandra. "Kids in Arizona love bean burritos. My version is healthier than you can find in most restaurants. I love mangoes. A good mango is a great food for any day of the year. As a side dish, I would suggest a mango soy smoothie made with frozen bananas."

Makes 6 servings

## INGREDIENTS

### For the mango salsa:

2 ripe mangoes, peeled and chopped

1/2 red onion, chopped

1 tablespoon finely chopped fresh cilantro leaves

1 tablespoon freshly squeezed lime juice

1 teaspoon olive oil

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

### For the black beans:

2 teaspoons olive oil

1/2 red onion, chopped

3 medium tomatoes, diced

1 1/2 teaspoons ground cumin

1 1/2 teaspoons dried oregano

1 teaspoon salt

2 (15-ounce) cans black beans, drained and rinsed

6 large romaine lettuce leaves

6 whole-grain tortillas (warm)

1/4 cup shredded low-fat Monterey Jack cheese



## PREPARATION

### Make the mango salsa:

1. In a large bowl, toss together the mango, red onion, cilantro, lime juice, olive oil, salt, and pepper. Set aside.

### Make the black beans:

1. In a medium sauté pan over moderate heat, warm 1 teaspoon olive oil. Add the red onion and sauté until translucent, about 5 minutes. Add the tomatoes, cumin, oregano, and salt. Remove the mixture from the heat and let cool for a few minutes. Transfer the tomato mixture to a blender and pulse until smooth with some lumps.

2. In a medium sauté pan over moderate heat, warm the remaining teaspoon olive oil. Add the beans and the tomato purée and cook until thickened, about 10 minutes.

3. To assemble burritos, arrange 1 large romaine lettuce leaf on top of each tortilla and top with a scoop of the black bean and tomato mixture. Sprinkle with cheese and wrap the burritos with the salsa inside, on top, or on the side of the burrito.

**325 calories; 12g protein; 52g carbohydrates; 7g fat (1g saturated fat); 597mg sodium**



# Confetti Spring Rolls with Orange-Cilantro Sauce

EMMA-KATE SCHAEFER, 8

"I created this recipe because I love to eat healthy. Quinoa is a grain and was grown about 5,000 years ago in the Andes Mountains. This grain is tasty and it's combined with my favorite vegetables, shrimp, and pineapple," says Emma-Kate. "This is a fun healthy lunch for school. I would serve it with a glass of 2% milk."

Makes 5 servings

## INGREDIENTS

### For the spring rolls:

2 1/4 cups low-sodium chicken broth  
3/4 cup black quinoa, rinsed  
1 1/2 tablespoons coconut oil  
1/2 cup diced red bell pepper  
1/2 cup diced yellow bell pepper  
1 cup asparagus tips  
2 cups medium shrimp, peeled, cleaned, and tails removed  
3/4 cup diced fresh pineapple  
10 rice paper wrappers

### For the orange-cilantro dipping sauce:

1/4 cup sesame oil  
1/4 cup freshly squeezed orange juice  
1 1/2 teaspoons freshly grated orange zest  
2 tablespoons soy sauce  
2 tablespoons chopped fresh cilantro leaves  
2 tablespoons agave nectar  
1 teaspoon chopped garlic





## PREPARATION

### Make the spring rolls:

1. In a large pot over moderate heat, combine the chicken broth and quinoa and bring to a boil. Reduce the heat and simmer until the quinoa is tender, about 15 minutes. Transfer the cooked quinoa to a large bowl.
2. In a large saucepan over moderate heat, warm the coconut oil. Add the red and yellow bell pepper and the asparagus tips and cook until tender, about 3 minutes. Add the cooked vegetables to the quinoa. Do not clean the saucepan.
3. Using the same saucepan, sauté the shrimp over moderate heat until fully cooked through, about 2 minutes. Add the shrimp to the quinoa-vegetable mixture then add the pineapple and toss to combine.

### Make the orange-cilantro dipping sauce:

1. In a blender, combine the sesame oil, orange juice, orange zest, soy sauce, cilantro, agave nectar, and garlic. Pulse until smooth.

### Assemble the spring rolls:

1. Add 2 tablespoons of the dipping sauce to the quinoa, vegetable, and shrimp mixture and mix well.
2. Fill a pie dish with warm water. Immerse 1 rice paper wrapper in the water until pliable, about 15 seconds, then transfer it to a cutting board. Place a generous teaspoon of filling into the middle of a rice paper wrapper. Fold the bottom over the filling then fold both sides into the center, and roll the wrapper up tightly to form a spring roll. Transfer the spring roll to a plate and keep covered with a damp paper towel. Repeat with the remaining filling and rice paper wrappers. Serve with dipping sauce.

**393 calories; 17g protein; 40g carbohydrates; 17g fat (5g saturated fat); 500mg sodium**



# Pork and Tofu Lettuce Cups

ROSE SCOTT, 12

"When my little brother Galen was a baby, he was allergic to a lot of foods. He couldn't eat wheat, dairy, or eggs. That meant no pizza or macaroni and cheese. My mom spent a lot of time trying to find nutritious foods that he could eat," says Rose. "She used to serve a pork and tofu dish over rice. I was inspired by that dish when I made this recipe. It can be served with brown rice, but I like to eat it with lots of veggies and sliced oranges on the side. You can also make this with ground beef or turkey."

Makes 6 servings

## INGREDIENTS

3 tablespoons reduced-sodium soy sauce  
 1 tablespoon sesame oil  
 1 tablespoon cornstarch  
 2 teaspoons white or rice vinegar  
 2 teaspoons grated ginger  
 2 teaspoons sugar  
 2 cloves garlic, minced  
 2 teaspoons olive oil  
 1 pound lean ground pork  
 1 block firm tofu, drained well and cut into 1/2-inch cubes  
 2 heads romaine lettuce, cleaned and separated into leaves  
 Toppings: 1 bag broccoli slaw (undressed), plus bean sprouts, fresh cilantro, fresh mint, and lime slices

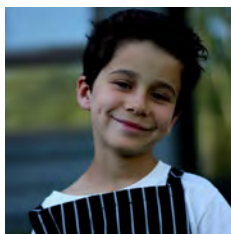
## PREPARATION

1. Make the sauce: In a small bowl, whisk together the soy sauce, sesame oil, cornstarch, vinegar, ginger, sugar, and garlic.
2. In a medium sauté pan over moderately high heat, warm the olive oil. Add the ground pork and cook, stirring to break up the meat, until brown, 5 to 7 minutes. Drain any excess oil from the pan then add the sauce to the pan and cook, stirring frequently, until thickened, about 3 minutes. Add the tofu and cook until heated through, about 2 minutes.
3. To serve, scoop several heaping tablespoons of the pork and tofu mixture into each romaine lettuce "cup" then top with broccoli slaw, bean sprouts, cilantro, mint, and lime slices.

**180 calories; 22g protein; 5g carbohydrates; 7g fat (1.5g saturated fat); 283mg sodium**







# Sushi Salad

NICHOLAS HORNBOSTEL DE MOURA E SILVA, 8

"I have loved sushi since I was little! I wanted to make sushi something even healthier, and I did!" writes Nicholas. "I got the idea from thinking about eating sushi and then the next day I thought about eating salad. Then I put the two together and it equaled a sushi salad! That night we tested the recipe and it was amazing! My parents rated it a 9 and I was proud of myself. You can serve it with brown rice and oranges for dessert."

Makes 4 servings

## INGREDIENTS

1/4 cup plus 1 tablespoon  
canola oil

1 pound skinless salmon fillets

2 teaspoons seasoned rice  
vinegar

1/2 teaspoon sesame oil

1/2 teaspoon salt

1 cup warm cooked brown rice

2 tablespoons black sesame  
seeds

1 tablespoon reduced-sodium  
soy sauce

8 cups prewashed mixed  
greens, including baby spinach

1 small pitted avocado, cut into  
1/2-inch cubes (optional)

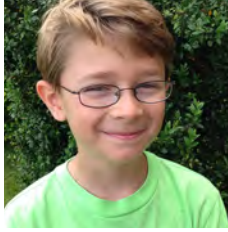
1 orange

4 seaweed sheets cut with  
scissors into 1/2-inch squares

## PREPARATION

1. In a sauté pan over moderate heat, warm 1 tablespoon of the canola oil. Add the salmon and cook for 4 minutes. Flip the salmon over and cook for an additional 4 minutes. Transfer the salmon to a bowl and gently shred into 1-inch pieces.
2. In a small jar or bowl, combine the remaining 1/4 cup canola oil with the vinegar, sesame oil, and salt. Cover and shake the jar to mix the salad dressing or whisk it together.
3. In a large bowl, stir together the cooked rice, sesame seeds, and soy sauce. Add the mixed greens, avocado, and salmon. Drizzle with salad dressing and a squeeze of the orange, and sprinkle with seaweed pieces. Yum!

**545 calories; 32g protein; 25g carbohydrates; 36g fat (3.7g saturated fat); 403mg sodium**



# Quinoa “Risotto” with Shrimp and Kale

JOHN BREITFELDER, 9

“My mom’s side of the family is Italian and we all love cooking together,” says John. “For years, my mom has been hiding vegetables in our risottos. Now that I’ve caught on to her sneaky ways, I’ve kicked it up a notch and added quinoa in place of rice. This is now one of my favorites—and it’s gluten-free, too! For dessert, a bowl of raspberries and blueberries swirled around vanilla Greek yogurt is a fun red, white, and blue treat!”

Makes 6 servings

## INGREDIENTS

3 tablespoons olive oil  
 3 cloves garlic, minced  
 1 pound large shrimp, peeled and deveined  
 Salt and freshly ground black pepper  
 1/2 yellow onion, diced  
 1 cup well-rinsed quinoa  
 2 1/4 cups chicken stock or low-sodium chicken broth  
 1 cup chopped kale  
 1/2 cup frozen peas  
 1/2 cup frozen corn  
 1 medium plum tomato, chopped  
 1/4 cup grated Parmesan

## PREPARATION

1. In a large sauté pan over moderate heat, warm 2 tablespoons olive oil. Add the garlic and shrimp, along with a pinch of salt and pepper, and sauté, stirring occasionally, until the shrimp turn pink, about 5 minutes. Transfer to a bowl. Do not clean pan.
2. In the same sauté pan over moderate heat, warm the remaining 1 tablespoon olive oil. Add the onion and sauté until translucent, about 3 minutes. Add the quinoa and cook, stirring occasionally, for about 1 minute. Add the chicken stock and bring to a boil, stirring occasionally. Reduce the heat and simmer for 5 minutes. Add the kale, peas, corn, and tomato and cook until the quinoa is tender, about 5 minutes. Add the cooked shrimp and gently stir to combine. Add the Parmesan, and season with salt and pepper. Serve hot!

**317 calories; 21g protein; 30g carbohydrates; 12g fat (2.6g saturated fat); 383mg sodium**





# Tortilla Bowl Deluxe

BRAEDEN MANNERING, 9

"I like tacos, but they are messy and don't hold a lot, so I chose a corn tortilla bowl," notes Braeden. "That way you can eat the bowl, too. Grilled chicken is good and it's healthy. To add color and vegetables I picked avocado because I don't like lettuce and I wanted it to have some green. I also picked orange sweet peppers and tomatoes. To top the bowl you could add shredded lactose-free cheese. (I am lactose-intolerant.) On the side would be fruit. Pineapples, mangoes, cantaloupe, grapes, and watermelon would be colorful and delicious."

Makes 1 serving

## INGREDIENTS

1 medium (4-ounce) boneless, skinless chicken breast, grilled or cooked as desired, and cut into bite-size pieces

1/4 cup diced avocado

1/4 cup diced orange bell pepper

1/4 cup diced tomato

1/4 cup shredded Monterey Jack cheese

Salt and freshly ground black pepper

1 corn tortilla bowl

## PREPARATION

1. In a medium bowl, toss together the chicken, avocado, bell pepper, tomato, and cheese. Season with salt and pepper, scoop into the tortilla bowl, and serve immediately.

**563 calories; 48g protein; 45g carbohydrates; 20g fat (7g saturated fat); 921mg sodium**







# Inga Binga's Salmon Salad

INGRID GRUBER, 9

"The way I came up with my recipe was that I read the rules with my mom. We thought a little, jotted down some ideas, and came up with one we liked," says Ingrid. "And now I know for real that my mom and I make a really great cooking pair. The salmon recipe was my great-grandfather's recipe. But the salad recipe is mine. It's gluten-free, which is important, because I have celiac disease. But I think anyone would like it."

Makes 4 servings

## INGREDIENTS

### For the salmon:

1 pound salmon fillets  
 Juice of 1 lemon  
 Beau Monde Seasoning, or any seasoning you like, to taste

### For the quinoa:

1 cup quinoa, rinsed  
 2 cups water  
 2 cups cherry tomatoes, cut into quarters  
 2 cups minced arugula  
 3 tablespoons plain Greek-style yogurt  
 2 tablespoons freshly squeezed lemon juice  
 2 tablespoons olive oil  
 1 clove garlic, crushed  
 Sea salt

## PREPARATION

### Make the salmon:

1. Preheat the oven to 375°F or preheat the grill to medium. Brush both sides of the salmon with lemon juice and sprinkle with the Beau Monde Seasoning. Arrange the salmon in a large baking dish or place it directly on the grill. Bake or grill the salmon until cooked through, about 25 minutes in the oven or 10 minutes on the grill.

### Make the quinoa:

1. In a medium saucepan, bring the quinoa and water to a boil. Reduce the heat to low and simmer until the quinoa is tender, about 15 minutes. Let the quinoa cool then add the tomatoes and arugula and stir to combine.

2. In a small bowl, whisk together the yogurt, lemon juice, olive oil, garlic, and salt. Add the yogurt mixture to the quinoa salad, and stir to combine. To serve, place a small (4-ounce) piece of salmon on top of some salad. (Salmon can be served hot or cold over the salad.)

**442 calories; 33g protein; 38g carbohydrates; 18g fat (2g saturated fat); 169mg sodium**







# Summer Salmon

NICOLE MEDINA, 10

"I came up with this recipe after I found out my cholesterol levels were high. I started to eat healthier and salmon is one of the foods that help lower my cholesterol," says Nicole. "Since I live in Florida and orange is our state fruit, my aunt helped me create this dish using orange in the salmon sauce. I love to cook with my aunt and uncle. For dessert I like a dish created by my aunt called Cielo, with layers of fresh strawberries and egg white whipped cream."

Makes 2 servings

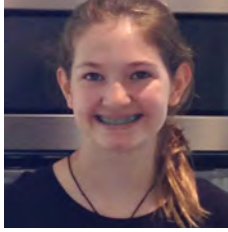
## INGREDIENTS

Juice from 1 orange  
 1 tablespoon extra-virgin olive oil  
 1 teaspoon honey  
 1 teaspoon mustard  
 Kosher salt and freshly ground black pepper  
 1 (6-ounce) skinless salmon fillet  
 1/4 cup whole wheat linguine  
 6 asparagus spears, chopped  
 1/4 medium onion, chopped  
 1 clove garlic, minced  
 4 sprigs fresh parsley, leaves removed and chopped  
 2 fresh basil leaves, thinly sliced  
 1 teaspoon freshly grated Pecorino

## PREPARATION

1. In a small bowl, whisk together the orange juice, 1 teaspoon olive oil, honey, and mustard. Season with salt and pepper.
2. In a medium sauté pan over moderate heat, warm 1 teaspoon olive oil. Add the salmon and cook for 4 minutes. Flip the salmon over, add the orange sauce, and continue to cook until the salmon is golden and cooked through, about 4 more minutes. Season with salt and pepper and transfer to a plate.
3. In a medium pot of boiling salted water, cook the pasta until al dente, about 5 minutes. Add the asparagus and continue cooking for 2 more minutes. Drain the pasta and asparagus and transfer to a bowl.
4. In a medium sauté pan over moderate heat, warm the remaining 1 teaspoon of olive oil. Add the onion, garlic, parsley, and basil and sauté, stirring occasionally, about 3 minutes. Add the onion and garlic mixture to the pasta, sprinkle with cheese, season with salt and pepper, and toss to combine. Serve the salmon alongside the pasta with asparagus.

**273 calories; 22g protein; 14g carbohydrates; 14g fat (2g saturated fat); 157mg sodium**



# Sweet Potato Turkey Sliders

REGAN MATTHEWS, 12

"I am a member of my gardening club at middle school. We are growing sweet potatoes and many other fruits and vegetables. Once the plants are ready to be harvested we will dig them out and our school will use them for our lunches," says Regan. "My mom challenged me to create a yummy, healthy recipe. I choose sweet potato sliders because they are a fun and healthy lunch. My sweet potato sliders are very yummy and taste great. I enjoy my sliders with a fruit smoothie and sweet potato chips."

Makes 6 servings

## INGREDIENTS

### For the sweet potato turkey sliders:

1 sweet potato, peeled and thickly sliced crosswise  
 1 pound lean ground turkey  
 1/2 cup oats  
 1 medium onion, finely chopped  
 3 cloves garlic, minced  
 1 large egg  
 1/2 cup ricotta cheese  
 1/2 cup chopped fresh parsley leaves  
 2 teaspoons maple syrup  
 1 teaspoon cayenne pepper  
 1 teaspoon salt  
 1/2 teaspoon freshly ground black pepper

12 mini whole wheat buns

6 slices provolone cheese, cut in half

For garnish: Spinach, pickles, tomato, mustard, and ketchup

### For the sweet potato chips:

1 sweet potato, peeled and thinly sliced crosswise  
 Cooking spray  
 Salt and freshly ground black pepper



## PREPARATION

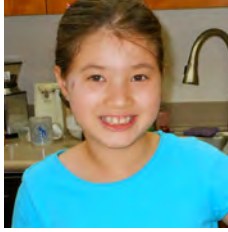
### Make the sweet potato turkey sliders:

1. Preheat the oven to 375°F and line a large baking sheet with parchment paper or aluminum foil.
2. Bring a medium pot of water to a boil. Add the sweet potato slices and cook until tender, about 7 minutes. Transfer the sweet potato slices to a bowl and use a fork to mash them. Add the ground turkey, oats, onion, garlic, egg, ricotta cheese, parsley, maple syrup, cayenne pepper, salt, and pepper and stir to combine. Shape the mixture into 12 meatball-size sliders and place them on the prepared baking sheet. Bake the sliders, turning them once, for 35 minutes.
3. Top each slider with half a piece of cheese and serve them on the mini whole wheat buns. Garnish with spinach, pickles, tomato, mustard, and ketchup.

### Make the sweet potato chips:

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper or aluminum foil.
2. Arrange the sweet potato slices on the prepared baking sheet and spray with cooking spray. Bake until tender, about 15 minutes. Season with salt and pepper and serve hot.

**315 calories; 30g protein; 32g carbohydrates; 9g fat (4g saturated fat); 690mg sodium (not including chips)**



# Curried Chicken Salad and Taste of the Tropics Fruit Bowl

ELEANOR COWELL, 8

"I had lunch with my mom at California Pizza Kitchen, and we ordered a Moroccan Chicken Salad. I loved the curry-spiced chicken and the fresh, crisp greens. Later that night I was inspired to create this recipe," says Eleanor. "I wanted to include lots of fruits and veggies, too, because they're good for you, and sometimes sweeter than candy. Accompany your meal with raita, organic salad greens, or crudité's, and Taste of the Tropics Fruit Bowl."

Makes 6 servings

## INGREDIENTS

### For the curried chicken salad:

2 tablespoons ground coriander  
 2 teaspoons ground cumin  
 2 teaspoons ground turmeric  
 1 teaspoon paprika  
 1/2 teaspoon ground cinnamon  
 1/2 teaspoon ground ginger  
 2 tablespoons canola oil  
 1/2 cup plain Greek-style yogurt  
 1/4 cup light mayonnaise  
 1 tablespoon water  
 2 cups diced cooked chicken  
 1 1/2 cup cooked quinoa  
 1 red bell pepper, seeded and diced  
 1/2 cup raisins  
 1/2 cup toasted slivered almonds

2 scallions, chopped

1/4 teaspoon salt

6 butter lettuce leaves

Garnish: 42 baby carrots; 30 grape tomatoes, cut in half

### For the Taste of the Tropics fruit bowl:

3 apricots, pitted and diced

3 bananas, peeled and sliced

6 large strawberries, trimmed and cut into quarters

6 tablespoons vanilla or plain Greek-style yogurt

4 1/2 tablespoons shredded unsweetened coconut





## PREPARATION

### **Make the curried chicken salad:**

1. In a small sauté pan over low heat, toast the coriander, cumin, turmeric, paprika, cinnamon, and ginger, stirring frequently, until fragrant. Add the canola oil and stir to create a paste. Remove the pan from the heat and let the spice paste cool.
2. In a large bowl, stir together the spice paste, yogurt, mayonnaise, and water. Add the cooked chicken, cooked quinoa, red bell pepper, raisins, almonds, and scallions and stir to combine. Season with salt.
3. To serve, scoop the chicken salad into lettuce leaves. Each person should have one curried chicken lettuce cup. Garnish each plate with baby carrots and grape tomato halves, shaped into flowers.

### **Make the Taste of the Tropics fruit bowl:**

1. In a medium bowl, stir together the apricots, bananas, and strawberries. Scoop the fruit salad into small bowls and top each with 1 tablespoon yogurt. Garnish with shredded coconut and serve with the curried chicken salad.

**522 calories; 27g protein; 68g carbohydrates; 19g fat (3.8g saturated fat); 297mg sodium (includes both salad and fruit bowl)**





# Veggie Barley Salad with Orange-Honey Vinaigrette

MAC WIRTH, 8

"My mom and I make this to have something ready fast when we have busy mornings," says Mac. "We change it up all the time depending on what vegetables we have. We use rice or pasta, too, if it's left over. Sometimes we add basil, pesto, and cheese. We could also add some beans or cut-up chicken. We make a bigger recipe and have some for dinner and pack the rest in our lunches. To fill up my lunch box, I like to add an apple, grapes, or a banana."

Makes 4 servings

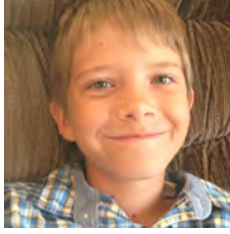
## INGREDIENTS

1 cup pearl barley  
 1 medium tomato, chopped  
 2 medium carrots, shredded  
 1 medium red, orange, or yellow bell pepper, seeded and chopped  
 2 cups chopped fresh spinach  
 3 tablespoons orange juice  
 3 tablespoons olive or grapeseed oil  
 2 tablespoons apple cider vinegar (or any other mild vinegar)  
 1 teaspoon honey  
 Salt and freshly ground black pepper

## PREPARATION

1. Bring a large pot of water to a boil. Add the barley and cook, uncovered, until tender, about 40 minutes. Transfer to a large bowl. Add the tomato, carrots, bell pepper, and spinach and stir to combine.
2. In a small bowl, whisk together the orange juice, olive or grapeseed oil, vinegar, honey, salt, and pepper. Pour the vinaigrette over the barley salad and mix thoroughly. Refrigerate overnight for best results

**294 calories; 5g protein; 44g carbohydrates; 11g fat (1.5g saturated fat); 81mg sodium**



# Black Bean Wrap with Jicama-Grilled Corn Salsa

TADDY PETTIT, 10

"We chose this recipe because the children love bean burritos!" says Taddy's dad, Ryan. "This version is fun for them to build their wraps from the fresh vegetables we grow in our garden. The beans and quinoa are high in nutrients and protein, and there is a nice balance with the yogurt for dessert." Taddy likes to serve it with a nonfat Greek-style yogurt parfait that stars fresh pineapple and strawberries.

Makes 10 servings

## INGREDIENTS

### For the black bean wraps:

1 cup dried black beans  
 1 tablespoon olive oil  
 1/2 medium onion, diced  
 1 medium carrot, diced  
 1 rib celery, diced  
 3 cloves garlic, minced  
 3 cups water  
 1/2 cup cooked quinoa  
 Salt and freshly ground black pepper

### For the jicama-grilled corn salsa:

1 cup diced jicama  
 1 green bell pepper, seeded and diced  
 1 red bell pepper, seeded and diced  
 1 jalapeño, seeded and minced

1 cup grilled or boiled corn kernels  
 1/2 medium red onion, diced (optional)  
 1/4 cup red wine vinegar  
 2 tablespoons freshly squeezed lime juice  
 2 cloves garlic, minced  
 1 tablespoon Dijon mustard  
 1 teaspoon salt  
 1/2 teaspoon freshly ground black pepper  
 1/2 cup olive oil

### To serve:

Whole wheat tortillas  
 Baby spinach leaves  
 Avocado  
 Fresh cilantro

## PREPARATION

### Make the black bean wraps:

1. Soak the black beans in cold water in the refrigerator overnight. Drain and rinse the soaked beans.
2. In a medium saucepan pan over moderate heat, warm the olive oil. Add the onion, carrot, celery, and garlic and sauté, stirring occasionally, until soft and translucent, about 3 minutes. Add the beans and 3 cups water and bring to a boil. Lower the heat and simmer the beans, stirring occasionally, for 30 minutes. Remove the beans from the heat and cool.
3. Transfer the beans to a food processor and purée until smooth. Transfer to a large bowl, add the cooked quinoa, and stir to combine. Season with salt and pepper.

### Make the jicama-grilled corn salsa:

1. In a medium bowl, toss together the jicama, green and red bell peppers, jalapeño, corn, and red onion, if using.
2. In a blender combine the vinegar, lime juice, garlic, mustard, salt, and pepper. Blend well then slowly add the olive oil. Drizzle the vinaigrette over the salsa and stir to combine.

### To serve:

1. Warm the tortillas in the oven or microwave. Spread 1 tablespoon of the black bean purée down the middle of each tortilla then top with spinach, avocado, salsa, and cilantro. Roll up and enjoy.

**363 calories; 9g protein; 44g carbohydrates; 16g fat (2g saturated fat); 446mg sodium**





# Sneaky Chili Surprise

LYDIA FINKBEINER, 9

"My little brother Ryan doesn't like cooked carrots, so I decided to put them in the recipe to get him to eat cooked carrots," says Lydia. "I like chili so I thought we could use my mom's sweet potato purée to sneak some more vegetables into the recipe and use beans as a lean protein to make it more healthy." She suggests serving it with multigrain tortilla chips, an apple or a bowl of fruit, and a glass of milk.

Makes 10 to 12 servings

## INGREDIENTS

4 carrots, diced  
 1 sweet potato, peeled and diced  
 1 tablespoon olive or vegetable oil  
 1/2 large onion, cut into small dice  
 1 medium red bell pepper, seeded and diced  
 2 cloves garlic, minced  
 1/2 tablespoon chili powder  
 1/2 tablespoon ground cumin  
 1 teaspoon ground chipotle pepper  
 1/4 teaspoon salt  
 1/8 teaspoon freshly ground black pepper  
 2 (15-ounce) cans tomato purée  
 2 (15-ounce) cans petite diced tomatoes  
 2 (15-ounce) cans black beans, drained and rinsed

2 (15-ounce) cans cannellini or other white beans, drained and rinsed

## PREPARATION

1. Bring a medium pot of water to a boil. Add half the carrots and potato and boil until soft, about 10 minutes. Mash the carrots and potato by hand or purée them in a blender.

2. In a large stockpot, over moderate heat, warm the olive or vegetable oil. Add the onion, bell pepper, garlic, and the remaining carrots and sweet potato and sauté until soft, about 5 minutes. Add the chili powder, cumin, chipotle pepper, salt, and pepper and cook for 3 minutes. Add the tomato purée and tomatoes, as well as the sweet potato and carrot purée and stir well to combine. Add the black and cannellini beans and simmer, stirring occasionally, for 30 minutes.

**181 calories; 8g protein; 32 carbohydrates; 2.5g fat (.25 saturated fat); 863mg sodium**





# Stone Curry with Brown Rice

CORRINE VANDERGAAST, 9

"My mom runs an in-home day care, and we made this curry with all the kids while acting out the story, Stone Soup," says Corrine. "This curry is served with brown rice, fruit, and a glass of milk. We have a lot of fun making it and learning about the foods we put into it, so we like to eat it. When you taste it, don't forget to say, 'Curry from a stone. Fancy that!'"

Makes 8 servings

## INGREDIENTS

3 tablespoons olive oil  
 1 medium onion, diced  
 3 cups water  
 2 (14-ounce) cans chickpeas, drained and rinsed  
 2 medium red-skinned potatoes, diced  
 1 medium sweet potato, peeled and diced  
 1 medium tomato, chopped  
 4 cups finely chopped spinach  
 1/2 cup jarred mild curry sauce or 1 tablespoon curry powder  
 4 cups cooked brown rice

## PREPARATION

1. In a large saucepan over moderate heat, warm the olive oil. Add the onion and sauté, stirring occasionally, until soft and translucent, about 4 minutes. Add the water and bring to a boil.
2. Add the chickpeas, red-skinned potatoes, sweet potato, tomato, and spinach, one at a time, while talking about the colors and nutrients in each vegetable and how they keep us healthy.
3. Reduce the heat to low and simmer the vegetables until tender, about 10 minutes. Add the curry sauce or powder and simmer for 5 more minutes. Serve over brown rice.

**299 calories; 8g protein; 49g carbohydrates; 8g fat (1g saturated fat); 288mg sodium**







# Fun Mini Pizzas with Veggies & Cauliflower Crust

OLIVIA NEELY, 10

"Mrs. Obama's focus on healthy eating taught me to look for ways to make healthier choices," says Olivia. "My mom and I came up with a fun team challenge where we earned points for healthy eating, exercise, and choosing to pass up unhealthy treats. We love pizza and made up a delicious gluten-free cauliflower crust with low-fat ground beef packed with zucchini and squash as toppings. The result is a crazy-good pizza with tons of veggies. We even make our pizzas in fun shapes, including our state—Kansas!" She suggests rounding the meal out with apple slices and a Greek-style yogurt smoothie with strawberries, blueberries, and flaxseed.

Makes 4 servings (2 mini pizzas per person)

## INGREDIENTS

### For the cauliflower crusts:

1 medium head cauliflower, chopped  
 1 cup shredded part-skim mozzarella cheese  
 1 large egg  
 1/2 teaspoon garlic powder  
 1/2 teaspoon dried oregano  
 1/4 teaspoon salt

### For the pizza topping:

1/2 pound lean ground beef  
 1/4 cup shredded yellow squash  
 1/4 cup shredded zucchini  
 1 clove garlic, minced  
 1/4 teaspoon dried oregano  
 Salt and freshly ground black pepper to taste  
 1/2 cup tomato sauce  
 1 cup shredded part-skim

mozzarella cheese

Optional toppings:

16 cherry tomatoes (halved),  
 3 tablespoons sliced almonds,  
 1/2 cup chopped broccoli florets,  
 1/2 cup sliced mushrooms,  
 several leaves baby spinach



## PREPARATION

### **Make the cauliflower crusts:**

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. In a food processor, pulse the cauliflower until it's in very small pieces. Transfer to a microwave-safe bowl and microwave until tender, about 4 minutes. Let the cauliflower cool for several minutes. Wrap the cooled cauliflower in a kitchen towel and squeeze out any excess liquid.
3. In a medium bowl, combine the cauliflower, mozzarella cheese, egg, garlic powder, oregano, and salt and stir to combine. Divide the mixture into 8 equal parts and form each one into a ball. Press and flatten the balls into circles or fun shapes, and place them onto the prepared baking sheet. Bake the pizza crusts for 15 minutes then flip them over and continue baking until firm and light golden brown, about 15 minutes. Leave the oven on.

### **While the crusts are baking, make the pizza topping:**

1. In a large sauté pan over moderate heat, cook the ground beef, yellow squash, zucchini, garlic, oregano, salt, and pepper, stirring to break up the beef, until the beef is cooked through, about 8 minutes. Drain any excess liquid.

### **Assemble and bake the pizzas:**

1. Spread the tomato sauce on the crusts. Top the pizzas with the beef mixture, cheese, and your favorite toppings as desired. Bake until the cheese bubbles, about 6 minutes. (Or for a delicious smoky taste, heat pizzas on a wood-fire or charcoal grill.) Serve with additional toppings.

**336 calories; 33g protein; 17g carbohydrates; 16g fat (7.5g saturated fat); 754mg sodium**





# Raisin Bran Muffins

REGAN STREHL, 11

"My mom and I came up with this recipe when I was very young and it has always been one of my favorites. I eat the muffins various times during the day with a big glass of fat-free milk," says Regan. "Last November I was diagnosed with type 1 diabetes and Mom and I had to go back and work on the recipe to get the carbohydrate count down. You could take out the walnuts, but there goes your protein. I have learned that protein is very important in your diet!" Combined with a salad with lean protein, this makes for a great lunch. (You can make two dozen muffins by halving the ingredients.)

Makes 48 muffins

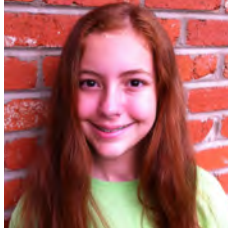
## INGREDIENTS

3 cups unbleached all-purpose flour  
 2 cups whole wheat flour  
 1/2 cup sugar substitute (baking blend)  
 1/2 cup brown sugar substitute (baking blend)  
 1 tablespoon baking soda  
 1 tablespoon ground cinnamon  
 2 teaspoons salt  
 5 large eggs, slightly beaten  
 1 quart low-fat buttermilk  
 1 cup canola oil  
 1 cup unsweetened applesauce  
 1 (17.3-ounce) box bran flakes cereal  
 2 large carrots, grated  
 1 cup raisins  
 1 cup chopped walnuts

## PREPARATION

1. Preheat the oven to 375°F and line 2 (12-cup) cupcake pans with liners.
2. In a large bowl, whisk together the all-purpose and whole wheat flours, along with the sugar substitute and brown sugar substitute, baking soda, cinnamon, and salt.
3. In a second large bowl, whisk together the eggs, buttermilk, oil, and applesauce. Gradually fold the dry ingredients into the wet ingredients then add the bran flakes cereal, carrots, raisins, and walnuts and gently stir until incorporated. Divide the batter in half. Fill the 2 pans with half the batter and bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 15 to 20 minutes. Once the pans are cool, remove the muffins and line both pans with new liners. Fill the muffin cups with the remaining batter and bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 15 to 20 minutes.

**170 calories; 4g protein; 24g carbohydrates; 7g fat (.8g saturated fat); 335mg sodium**



# Sweet and Spicy Stir-Fry

BRYNNA ROBERT, 12

"I started with a recipe my mother made—I didn't enjoy it as it was too bland," says Brynna. "It got me wondering if I could change it so it could be something I liked, so I brainstormed. I came up with a new twist on Mom's recipe. The spicy chili-garlic sauce kicks up the sweet pineapples and orange juice, creating an explosion of flavors that are absolutely savory. I would serve it with a tall glass of skim milk because it makes a complete serving from every food group."

Makes 4 servings

## INGREDIENTS

1 tablespoon canola oil  
 1/2 fresh pineapple, peeled and sliced  
 2 medium carrots, sliced on the diagonal  
 1/2 cup broccoli florets  
 1 red bell pepper, seeded and sliced into thin rings  
 4 cloves garlic, minced  
 2 teaspoons grated fresh ginger  
 2 cups cooked brown rice  
 1 (15-ounce) can chickpeas, rinsed and drained  
 3 scallions, thinly sliced  
 3 tablespoons reduced-sodium soy sauce  
 1 tablespoon chili-garlic sauce (optional)  
 1/2 cup coarsely chopped fresh parsley leaves  
 1 orange, separated into sections

## PREPARATION

1. In a medium sauté pan over moderate heat, warm 2 teaspoons of the canola oil. Add the pineapple slices and cook until golden and softened, about 3 minutes. Transfer the pineapple to a plate and set aside. Do not clean the pan.
2. In the same pan, warm the remaining 1 teaspoon of oil. Add the carrots and cook for 3 minutes. Add the broccoli, red bell pepper, garlic, and ginger and sauté, stirring occasionally, until the vegetables are tender and brown, 3 to 4 minutes.
3. Add the cooked brown rice, chickpeas, scallions, soy sauce, and chili-garlic sauce, if using. Stir and continue cooking for 4 more minutes. Add the parsley and the reserved pineapple and stir to combine. Serve the stir-fry with orange wedges to squeeze juice on top.

**286 calories; 8g protein; 53g carbohydrates; 5.7g fat (.46g saturated fat); 519mg sodium**





# Vegan Powerhouse Pesto Pasta

NOAH KOCH, 9

“Noah’s younger brother has serious health issues and making food that everyone can eat can be challenging,” says Noah’s mom, Hilary. “This recipe is gluten-free and vegan, things that many people often think mean sacrificing favorite comfort foods or flavor. It took us a while to create a pesto recipe that was tasty, super healthy, and easy to make. We finally created one that is packed with just about everything a growing body needs. Noah likes this with Red, White, and Blue Salad—strawberries, peeled and diced apples, and Maine blueberries, served with a glass of soy milk.”

Makes 8 servings

## INGREDIENTS

1 pound quinoa pasta (we like macaroni)  
 2 ripe avocados, pitted and flesh scooped out  
 1 cup fresh baby spinach leaves  
 4 cups fresh basil leaves, plus a few leaves reserved for garnish  
 1/2 cup walnuts  
 1 (15-ounce) can cannellini beans, drained and rinsed  
 2 tablespoons freshly squeezed lemon juice  
 1 clove garlic, minced  
 1/8 teaspoon freshly ground black pepper  
 1/4 cup olive oil  
 1 cup grape tomatoes, cut in half

## PREPARATION

1. Bring a large pot of salted water to a boil. Add the pasta and boil until al dente, about 10 minutes. Drain the pasta and return it to the pot.
2. While the pasta is boiling, combine the avocados and spinach in a food processor and pulse briefly (about 6 times). Add the basil, walnuts, 1/4 cup cannellini beans, lemon juice, garlic, and pepper and pulse about 6 more times. With the food processor on, gradually add the olive oil in a slow, steady stream.
3. Add 3/4 of the sauce to the cooked pasta, tossing gently to coat the noodles. Add the remaining sauce, as desired, and stir to coat the noodles evenly.
4. To serve, transfer the pasta to a big pasta bowl (family-style) and top with the remaining cannellini beans and grape tomatoes. Garnish with the reserved basil.

**431 calories; 8g protein; 58g carbohydrates; 20g fat (2.5g saturated fat); 83mg sodium**







# Chicken Masala Wrap

EMMA SCIELZO, 10

"My Nani (grandmother) cooks healthy and delicious Indian food for us whenever we visit. (I am Indian-American.) She inspires me to try different flavors, spices, and herbs in the food I eat," says Emma. "Many of the ingredients found in Indian cooking are very healthy for our bodies, such as garlic, ginger, turmeric, and cumin. Also, Indian cooking uses a lot of vegetables that are good for you, such as tomatoes, onions, and peppers. I don't like a lot of spice in my food, but I do like a lot of flavor!! My dish is a chicken masala wrap, paired with a refreshing raita and fresh mango slices."

Makes 4 servings

## INGREDIENTS

1 sweet potato, peeled and 1 tablespoon vegetable oil	1/4 cup water
2 to 3 red, yellow, green, or orange bell peppers, seeded and sliced	4 medium grilled or cooked boneless, skinless chicken breasts, thinly sliced
1 medium tomato, chopped	1 cup plain nonfat yogurt
1 sweet onion, sliced	1/3 medium cucumber, peeled and grated
1/2 teaspoon ginger paste or 1 teaspoon freshly grated ginger	Fresh mint leaves for garnish (optional)
1/2 teaspoon garlic paste or 1 clove garlic, minced	1 cup chopped lettuce
1/8 teaspoon crushed red pepper or paprika	4 whole wheat tortillas or flatbread, warmed
1/4 teaspoon ground cumin	Fresh mango slices
1/8 teaspoon ground cinnamon	
1/8 teaspoon ground turmeric	
1 teaspoon salt	
1/4 teaspoon freshly ground black pepper	



## PREPARATION

1. In a medium sauté pan over moderate heat, warm the oil. Add the bell peppers, tomato, onion, ginger, garlic, crushed red pepper, cumin, cinnamon, turmeric, 1/2 teaspoon salt, and 1/8 teaspoon pepper and cook until slightly tender, about 10 minutes. Add 3 tablespoons water and chicken and continue to cook for several more minutes.

2. In a medium bowl, stir together the yogurt, cucumber, and the remaining 1 tablespoon water. Sprinkle with the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper and garnish with fresh mint leaves.

3. To serve: Place lettuce and a scoop of chicken masala mixture in the center of each tortilla or roll. Add a spoonful of the raita to each wrap, or serve it on the side, along with fresh mango slices.

**330 calories; 21g protein; 42g carbohydrates; 8g fat (1g saturated fat); 415mg sodium**



# Shefali's Scrumptious Spring Rolls

SHEFALI SINGH, 12

"My mom really loves noodles and she is always looking for different things to go with them," Shefali recalls. "So when we found the recipe for spring rolls, we decided to give it a try. They turned out better than we expected, and were very easy to make as well. The peanut sauce was also an experiment that went the right way. Now we have spring rolls with peanut sauce all the time for lunch and dinner. Sometimes we have noodles on the side, along with a glass of milk."

Makes 2 to 4 servings

## INGREDIENTS

### For the spring rolls:

8 brown rice paper rounds  
 1 medium carrot, finely chopped  
 1 medium cucumber, finely diced  
 1/2 cup tofu, thinly sliced  
 1 cup shredded lettuce  
 1 cup bean sprouts  
 8 to 10 fresh mint leaves

### For the sauce:

1/4 cup peanut butter  
 1 tablespoon hot water  
 1 teaspoon vinegar  
 1 teaspoon sugar  
 1 teaspoon reduced-sodium soy sauce

## PREPARATION

### Make the spring rolls:

1. Fill a pie dish with warm water. Immerse 1 rice paper round in the water until pliable, about 15 seconds, then transfer to a cutting board. Place some carrot, cucumber, tofu, lettuce, and bean sprouts in the center of the rice paper round. Each filling should amount to about 2 tablespoons. Add a mint leaf on top. Fold the bottom of the wrapper over the filling then fold both sides into the center, and roll the wrapper up tightly to form a spring roll. Transfer the spring roll to a plate and keep covered with a damp paper towel. Repeat with the remaining rice paper rounds and filling.

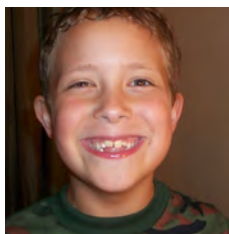
### Make the sauce:

1. In a small bowl, whisk together the peanut butter, hot water, vinegar, sugar, and soy sauce. Add more hot water, if needed, to thin the sauce to the desired consistency. Serve the sauce with the spring rolls.

**335 calories; 17g protein; 33g carbohydrates; 18g fat (3.5g saturated fat); 552mg sodium**







# Picky-Eater Pita Pizza Pockets

JACOB HIRSCH, 8

"Like many kids, Jacob is a very picky eater! Pizza is one of his favorite foods, but he's well aware that the pizza we buy is generally not a nutritionally wise choice. Together we discussed ways to make a healthier version of pizza that he could enjoy for lunch," says Karen Ann, Jacob's mom. "We decided on using whole wheat pita pockets; a healthy, veggie-filled tomato sauce; chicken for protein; and mozzarella cheese. We would serve these pita pizza pockets with some fruit (his favorites are apples, bananas, and watermelon) to complete his plate for a healthy, well-rounded meal!"

**Makes 4 servings**

## INGREDIENTS

2 tablespoons olive oil  
 2 medium onions, chopped  
 4 cloves garlic, minced  
 1 (28-ounce) can whole tomatoes  
 2 medium carrots, shredded  
 1 red bell pepper, seeded and chopped  
 1 medium zucchini, shredded  
 1 teaspoon dried oregano  
 1/4 cup baby spinach leaves  
 2 cooked boneless, skinless chicken breasts, cut into cubes  
 4 whole wheat pitas  
 1 cup shredded part-skim mozzarella cheese

## PREPARATION

1. Preheat the oven to 350°F.
2. In a medium saucepan over moderate heat, warm the oil. Add the onions and garlic and sauté until they begin to soften and caramelize, about 5 minutes. Add the tomatoes, carrots, bell pepper, zucchini, and oregano, and simmer for 20 minutes. Add the spinach, stir to combine, and continue simmering to wilt the spinach, about 1 minute. Remove the vegetables from the heat and let cool. Purée the vegetables with an immersion or regular blender, leaving the vegetables chunky, or simply leave the vegetables whole.
3. Open the pita pockets and place a quarter of the chicken cubes inside each one. Add a few tablespoons of sauce to each pita and sprinkle with mozzarella cheese. Arrange the pita pizza pockets on a large baking sheet and bake until the cheese is melted, 8 to 10 minutes.

**512 calories; 54g protein; 53g carbohydrates; 20g fat (7g saturated fat); 520mg sodium**







# Garden Stir-Fry

KAITLYN KIRCHNER, 9

"This is my favorite recipe because it tastes great and it is fun to make! My mom, sisters, and I grow all the vegetables in our garden," says Kaitlyn. "We pick the vegetables in the morning, wash and cut them, and have them ready for our dad to stir-fry when he arrives home for lunch. We serve the recipe with cooked quinoa and a glass of soy milk."

Makes 4 servings

## INGREDIENTS

1/2 cup low-sodium chicken broth  
 1/2 tablespoon cornstarch  
 1 teaspoon reduced-sodium wheat-free soy sauce  
 1 tablespoon sesame oil  
 2 cloves garlic, minced  
 1 teaspoon freshly grated ginger  
 2 cups chopped broccoli  
 1 1/4 cups chopped yellow squash  
 1 1/4 cups carrots, cut into matchsticks  
 1 1/4 cups sugar snap peas  
 1 cup sliced onion  
 1 cup sliced red bell pepper

## PREPARATION

1. In a medium bowl, whisk together the chicken broth, cornstarch, and soy sauce. Set aside.
2. In a wok or sauté pan over moderately high heat, warm the sesame oil. Add the garlic and ginger and cook for 1 minute. Add the broccoli, squash, carrots, sugar snap peas, onion, and bell pepper and cook until tender, 7 to 10 minutes. Add the soy sauce mixture, reduce the heat to moderate, and continue cooking until the sauce is thickened.

**100 calories; 3g protein; 15g carbohydrates; 4g fat (1g saturated fat); 215mg sodium**



# Pan-Seared Mississippi Catfish on a Bed of River Rice

REED LINDSEY, 10

"My favorite thing to do is go to the catfish pond behind my house. I feed the fish, the ducks, and make sure all is in order at my little cabin," says Reed. "The next stop is usually through the pine trees and to my aunt and uncle's garden. I have a bucket of fresh vegetables when I arrive home. Fishing and gardening in our own backyard inspired our recipe. A quick swim in the pond after fishing makes the food go down even better!" Reed's family uses sautéed zucchini, broccoli, and carrots to create a steamship shape on the plate alongside the catfish.

Makes 2 servings

## INGREDIENTS

1/4 cup olive oil  
1/4 cup diced red bell pepper  
1/4 cup diced yellow bell pepper  
2 cups cooked brown rice  
2 (4-ounce) catfish fillets  
1 1/2 teaspoons Creole seasoning  
1/2 teaspoon freshly ground black pepper

## PREPARATION

1. In a medium sauté pan over moderate heat, warm 2 tablespoons of the oil. Add the red and yellow bell peppers and cook, stirring occasionally, until softened, about 5 minutes. Add the cooked brown rice and stir to combine. Arrange half the rice mixture in the center of each plate.
2. In the same sauté pan over moderately high heat, warm the remaining 2 tablespoons oil. Using a paper towel, pat both sides of the catfish dry. Sprinkle both sides of the catfish with Creole seasoning and pepper. Add the catfish to the pan and cook until the bottom is golden brown, about 3 minutes. Flip the catfish over and continue cooking until the other side is golden brown and the fish is fork tender, about 3 minutes. Arrange the catfish atop the rice and garnish with additional vegetables, if desired.

**589 calories; 23g protein; 48g carbohydrates; 33g fat (5g saturated fat); 504mg sodium**





# Confetti Peanut-Ginger Party Pasta

HENRY OATES, 8

"My mom and I came up with this recipe last year when we had lots of fresh vegetables in our garden," notes Henry. "She has a summer Garden Day Camp and we were learning to cook but had no stove. So, she made the pasta in the morning and took it to camp. All of us kids harvested veggies from our garden, chopped them up, blended the sauce, and had a picnic. I would serve this with fresh watermelon slices or a simple fruit salad on the side."

Makes 4 servings

## INGREDIENTS

2 cups whole wheat bow tie pasta

1 large carrot, cut into thin rounds

1 medium zucchini, thinly sliced

1 red or yellow bell pepper, seeded and diced

1/2 cup snow peas

1/2 cup chopped spinach

1/4 cup diced sweet onion

1/2 cup natural peanut butter

1/4 cup freshly squeezed orange juice

2 tablespoons soy sauce or tamari sauce

1 tablespoon honey

2 teaspoons sesame oil

1 clove garlic, minced

1 (1-inch) piece fresh ginger, peeled and minced

1/2 teaspoon crushed red pepper

1 cup cooked, diced chicken (optional)

Optional garnish: 1/4 cup chopped peanuts, 1/4 cup fresh cilantro leaves

## PREPARATION

1. In a large pot of boiling water, cook the pasta until al dente, about 8 minutes.
2. While the pasta is boiling, in a large bowl, toss together the carrot, zucchini, bell pepper, snow peas, spinach, and onion.
3. Drain the pasta and add it to the bowl of vegetables.
4. In a medium bowl, whisk together the peanut butter, orange juice, soy sauce, honey, sesame oil, garlic, ginger, and crushed red pepper. If necessary, add a little water, one tablespoon at a time, to make a smooth sauce. Pour over the pasta, add the chicken (if using), and stir to combine. Garnish with peanuts and cilantro, if using.

**557 calories; 29g protein; 59g carbohydrates; 25g fat (3g saturated fat); 828mg sodium**







# Healthy Vegetable Fried Quinoa

JOSHUA GARRIGUES, 8

"One night at dinner we had leftover quinoa and a garden full of vegetables and came up with this dinner. I liked it so much that I wanted the leftovers in my lunch the next day and even requested it for my birthday dinner," says Joshua. "I would serve orange slices with mango Greek yogurt to have all the food groups represented from ChooseMyPlate."

Makes 4 servings

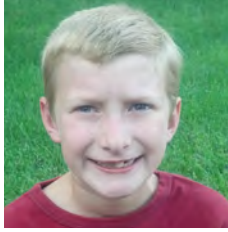
## INGREDIENTS

2 cups quinoa, rinsed  
 1 tablespoon safflower oil  
 1 tablespoon grated fresh ginger  
 1 clove garlic, minced  
 1 cup diced carrots  
 6 snow peas  
 1 cup baby bok choy  
 2 cups kale, stems removed, and torn into small pieces  
 1/4 cup minced fresh chives  
 2 large eggs or 1/2 cup egg substitute  
 1 tablespoon reduced-sodium soy sauce

## PREPARATION

1. In a medium saucepan, cook the quinoa according to the package directions.
2. While the quinoa is cooking, in a large sauté pan or wok over moderately high heat, warm the oil. Add the ginger and garlic and sauté, stirring, for 1 minute. Add the carrots, snow peas, bok choy, kale, and chives and continue cooking, stirring occasionally, until tender, about 5 minutes. Add the cooked quinoa and stir to combine. Add the eggs and continue to cook, stirring, until scrambled, about 3 minutes. Add the soy sauce and continue to cook, stirring, for 1 minute. Serve hot.

**333 calories; 16g protein; 51g carbohydrates; 9g fat (1.5g saturated fat); 319mg sodium**



# Terrific Tuna Casserole

BENCE BROWN, 9

"This is an all-time go-to dish for our family. My mom learned to make it from my grandma as a kid and would make it for her family," says Bence. "As a quick, family favorite on a weeknight, it's always requested. It includes items we have in our pantry and costs very little to make. We serve it with baby carrots, apple slices, and a glass of milk for wholesome comfort food."

Makes 6 to 8 servings

## INGREDIENTS

8 ounces whole wheat pasta (rotini or shells work best)

1 (10-ounce) can fat-free cream of chicken soup

2 (6-ounce) cans tuna packed in water

1 cup shredded cheddar cheese

1 cup frozen peas

1/2 cup fat-free milk

3 tablespoons margarine

1 tablespoon onion powder

1 teaspoon garlic powder

Salt and freshly ground black pepper to taste

1 slice whole wheat bread, torn into pieces

## PREPARATION

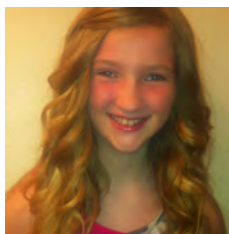
1. In a large pot of boiling water, cook the pasta until al dente, about 7 minutes.
2. While the pasta is boiling, in a large casserole dish, combine the cream of chicken soup, tuna, cheese, peas, milk, 2 tablespoons margarine, onion and garlic powders, salt, and pepper.
3. Drain the pasta, add it to the casserole dish, and stir to combine.
4. In a small saucepan over moderate heat, melt the remaining 1 tablespoon margarine. Add the bread pieces and cook, stirring, until lightly toasted, about 2 minutes. Add the toasted bread to the top of the casserole and microwave on high power until heated through, about 6 minutes.

**352 calories; 23g protein; 37g carbohydrates; 13g fat (5g saturated fat); 409mg sodium**









# Chex Chicken and Bellaberry Smoothie

ISABELLA GROSS, 11

"In April 2012 I got diagnosed with type 1 diabetes. Followed along with that, I have been diagnosed with celiac, so I am working on a gluten-free diet," says Isabella. "When my mom told me about this challenge, I thought, why not make something sweet, and gluten-free? So I came up with the nutty Chex Chicken. It is served with a side of fresh veggies and a fresh-fruit smoothie that I call the Bellaberry Smoothie." Her signature drink includes 1 cup of berries, low-fat milk, and Boston cream pie yogurt.

Makes 2 servings

## INGREDIENTS

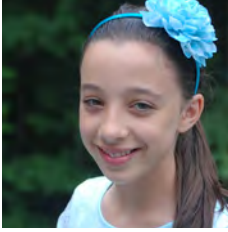
1 cup gluten-free corn cereal, such as Chex  
 1/4 cup gluten-free baked veggie chips with chili lemon  
 1/4 cup pecans  
 1 teaspoon ground lemon pepper  
 3 large egg whites  
 8 ounces boneless, skinless chicken breast, halved  
 1 medium yellow squash, cut into half moons  
 1 medium zucchini, cut into half moons

## PREPARATION

1. Preheat the oven to 350°F.
2. In a large bowl, stir together the cereal, veggie chips, pecans, and lemon pepper. Smash and combine the cereal mixture.
3. Place the egg whites in a small bowl.
4. Working with 1 piece at a time, dip the chicken into the cereal mixture then dip it into the egg whites then back into the cereal mixture, making sure all of the chicken is covered. Transfer the "breaded" chicken to a baking dish and repeat with the remaining chicken, cereal mixture, and egg whites.
5. Bake the chicken until golden brown, about 30 minutes
6. While the chicken is baking, bring a small saucepan of water to a boil. Add the squash and zucchini and simmer, lowering the heat if necessary, until tender, about 7 minutes. Serve the squash and zucchini with the chicken.

**530 calories; 38g protein; 54g carbohydrates; 19g fat (2g saturated fat); 598mg sodium (does not include smoothie)**





# Liv's Curry Chicken Salad Sandwich

OLIVIA BEAUCHESNE, 12

"I wanted to make a dish that is healthy, delicious, and inspires children all around the country to have healthy eating habits," says Olivia. "I am including a strawberry and banana smoothie with low-fat yogurt to add dairy to my recipe. My recipe has slivered almonds in it for texture, but the almonds can be taken out for a nut-free family."

Makes 6 servings

## INGREDIENTS

### For the curry chicken salad sandwich:

- 3/4 cup light mayonnaise
- 2 tablespoons mild curry powder
- Salt and freshly ground black pepper to taste
- 4 cups cooked shredded boneless, skinless chicken
- 1/2 cup diced celery
- 2 tablespoons finely chopped onion
- 1/2 cup toasted sliced almonds
- 1 1/2 cups grapes, cut in half
- 6 mini whole wheat pitas
- Lettuce leaves (optional)

### For the strawberry-banana smoothie:

- 1 frozen banana
- 1 cup whole strawberries, stems removed
- 3/4 cup low-fat vanilla yogurt
- 1/2 cup freshly squeezed orange juice

## PREPARATION

### Make the curry chicken salad sandwich:

1. In a medium bowl, whisk together the mayonnaise, curry powder, salt, and pepper. Add the chicken, celery, onion, almonds, and grapes and stir, being careful not to crush the grapes. Fill each pita with about 1/2 cup chicken salad and garnish with lettuce leaves, if using.

### Make the strawberry-banana smoothie:

1. In a blender, combine the banana, strawberries, yogurt, and orange juice and blend until smooth. (You will need to make two batches of the smoothie for 6 servings.)

**391 calories; 34g protein; 30g carbohydrates; 15g fat (2g saturated fat); 269mg sodium (includes both sandwich and smoothie)**



# Hawaiian Turkey Sliders with Mango-Pineapple Salsa

GOLDIE SIEGEL, 8

"My family has to be creative when it comes to preparing tasty and healthy food. I have celiac disease, and one of my sisters is allergic to eggs, dairy, nuts, and more!" says Goldie. "I wanted to make a dish that used ingredients from Hawaii because the President was born there and the Obamas like to visit there. My dad doesn't like red meat, so we use ground turkey instead. Served with a smoothie, this 'burger and shake' lunch fits perfectly within the MyPlate guidelines."

Makes 12 servings

## INGREDIENTS

### For the mango-pineapple salsa:

1 ripe mango, peeled and diced

1 cup diced fresh (or canned in own juice) pineapple

1 to 2 small jalapeños, finely diced (optional)

3 tablespoons diced Bermuda or Vidalia onion

Juice of 1 medium lime

Pinch of sea salt

Freshly ground black pepper

### For the Hawaiian turkey sliders:

2 pounds ground turkey

1 clove garlic, peeled and crushed

3 tablespoons ketchup

1 tablespoon extra-virgin olive oil

1 tablespoon gluten-free soy sauce

1 tablespoon dried cilantro

1 teaspoon onion powder

1/2 teaspoon dried oregano

Salt

1/4 teaspoon freshly ground black pepper

12 romaine or Bibb lettuce leaves

12 gluten-free rolls or whole-grain dinner rolls

## PREPARATION

### Make the mango-pineapple salsa:

1. In medium, non-metallic bowl, stir together the mango, pineapple, jalapeños, onion, lime juice, salt, and pepper. Cover and chill in the refrigerator until ready to use. (The salsa is best when made several hours to one day in advance.)

### Make the Hawaiian turkey sliders:

1. In a large bowl, combine the turkey, garlic, ketchup, olive oil, soy sauce, cilantro, onion powder, oregano, salt, and pepper. Gently mix the ingredients until they are thoroughly combined. Divide the mixture into 12 equal parts and shape each one into a ball that is slightly smaller than a tennis ball. Using the palm of your hand, gently flatten each into a patty.

2. Heat a grill or barbecue to medium-high heat. Grill the turkey sliders until cooked through, about 5 minutes per side. Place one lettuce leaf on the bottom of each roll. Serve the sliders on the rolls, topped with a dollop of mango-pineapple salsa.

**194 calories; 22g protein; 21g carbohydrates; 4g fat (1g saturated fat); 401mg sodium**





# Spinach Frittata

LOUIS TEICH, 10

"We started out with a basic Spanish tortilla (boiled potatoes and eggs) and added a lot of veggies to it," says Louis' father, Gabriele. "We like the spinach version, but any combination of vegetables will work. We usually serve it with salsa on the side. As a school lunch we put a wedge between two slices of bread and put some salsa for dipping in a separate container." For anyone allergic to nuts, Gabriele recommends substituting whole wheat flour for the almond flour.

Makes 6 servings

## INGREDIENTS

6 ounces fresh spinach  
 1/2 bunch fresh flat-leaf parsley leaves  
 1/2 bunch fresh cilantro leaves  
 3 spring onions, ends trimmed  
 6 large eggs  
 3 tablespoons almond flour or whole wheat flour  
 Salt and freshly ground black pepper  
 2 tablespoons olive oil  
 2 small boiling potatoes, peeled, cut into cubes, and cooked  
 1/4 cup Parmesan

## PREPARATION

1. In a food processor, chop the spinach, parsley, cilantro, and spring onions.
2. In a medium bowl, beat the eggs. Add the almond flour and season generously with salt and pepper. Add the spinach mixture and stir to combine.
3. In a large sauté pan over moderate heat, warm the olive oil. Pour the egg mixture into the pan then add the potato cubes, spreading them out evenly. Season with additional salt and pepper. Reduce the heat to low and cook, covered, until the underside is golden brown, about 10 minutes. Cut the frittata into quarters and flip each one over. Cover and cook until the frittata is firm and the potatoes are tender, about 10 minutes. During the last few minutes of cooking, sprinkle the frittata with Parmesan. Serve hot with salsa on the side or cold on sandwich bread.

**250 calories; 13g protein; 20g carbohydrates; 13g fat (4g saturated fat); 264mg sodium**









# Super Rescue Soup

PETER MURPHY, 9

"We live on Long Island, and when Hurricane Sandy struck, we were without power for 15 days," reports Peter's mom, Jill. "The grocery stores had no produce, dairy, or meat, but it was harvest time at our local farmstand, so there was plenty of fresh produce available there. We filled a wagon with fresh produce, added some pantry staples, and came up with this soup, which we could cook on our gas stovetop. To round out the meal we would serve Peter's Banana Split Fruit Salad. Split a banana, top with berries and low-fat yogurt, and finish with ground flaxseed sprinkles."

Makes 6 servings

## INGREDIENTS

1/2 cup dried cannellini beans or 1 (15-ounce) can, drained and rinsed

1/2 cup pearl barley

2 tablespoons olive oil

1 small onion, finely chopped

2 medium carrots, scrubbed and finely chopped

2 medium stalks celery, finely chopped

1 medium zucchini, quartered lengthwise and cut into 1/2-inch pieces

3/4 cup green beans, cut into 1/2-inch pieces

1 russet potato, peeled and cut into 1/2-inch cubes

1/2 cup tomato sauce or one medium tomato, chopped

1/2 teaspoon salt (or to taste)

## PREPARATION

1. If using dried beans, soak them overnight or do a quick soak (boil for 2 minutes, then remove them from the heat and let soak for 1 hour).
2. In a medium saucepan over moderate heat, cover the presoaked beans with 2 inches of water and cook until tender, about 30 minutes. Add 1 1/4 cups water, bring to a boil, and add the barley. Lower the heat and simmer for 45 minutes. Set aside. (If using canned beans, wait to add them to the soup until step 4.)
3. In a large saucepan over moderate heat, warm the olive oil. Add the onion, carrots, and celery and sauté, stirring occasionally, until translucent, about 5 minutes. Add the zucchini and green beans and sauté until beginning to soften, about 3 minutes. Add the potato and sauté, stirring occasionally, for 3 minutes.
4. Add 6 cups of water and the tomato sauce, raise the heat, and bring the soup to a boil. Lower the heat and simmer for 20 minutes. Add the beans and barley and continue to simmer for 5 more minutes. Season with salt, and purée with an immersion blender, if desired.

**187 calories; 5g protein; 31g carbohydrates; 5g fat (1g saturated fat); 440mg sodium (does not include banana split fruit salad)**





# Spring Rolls

VIJAY DEY, 12

"This delicious recipe is inspired by my grandfather, who is a great person, and my role model," says Vijay. "He is very smart and strong. He is also a great chef, and he makes the best food I have ever eaten! Another reason I like this recipe is that it reflects my Chinese heritage. When I eat spring rolls, I think about the wonderful springtime, and I feel like the meal replenishes and refreshes me. Also, the wraps in this dish are not fried, and I think that it is not only healthier but tastes better that way."

Makes 6 to 8 servings

## INGREDIENTS

1 pound boneless, skinless chicken breasts, cut into thin strips

1 tablespoon plus 1 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 teaspoon reduced-sodium soy sauce

1 teaspoon cornstarch

2 tablespoons vegetable oil

2 teaspoons sesame oil

5 cups mung bean sprouts

2 cups chopped napa cabbage

1 cup grated carrots

5 fresh shiitake mushrooms, sliced

2 scallions, sliced

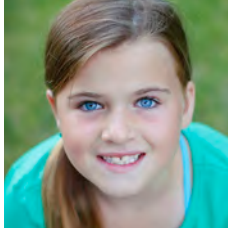
3 teaspoons minced fresh ginger

24 spring roll wrappers

## PREPARATION

1. In a medium bowl, marinate the chicken with 1 teaspoon salt, pepper, soy sauce, and cornstarch.
2. In a wok or sauté pan over moderate heat, warm the vegetable and sesame oils. Add the bean sprouts, cabbage, carrots, mushrooms, scallions, and ginger and sauté, stirring occasionally, for 5 minutes. Add the marinated chicken and sauté, stirring occasionally, until cooked through, about 8 minutes.
3. Fill a pie plate with warm water. Immerse 1 spring roll wrapper in the water until pliable, about 15 seconds, then transfer to a cutting board. Place a heaping tablespoon of filling down the center of the wrapper. Fold the bottom of the wrapper over the filling then fold both sides into the center, and roll the wrapper up tightly to form a spring roll. Transfer the spring roll to a plate and keep covered with a damp paper towel. Repeat with the remaining spring roll wrappers and filling.

**295 calories; 20g protein; 25g carbohydrates; 14g fat (2g saturated fat); 771mg sodium**



# Asian Fajitas

CHARLI MCQUILLAN, 8

“Charli fell in love with a sweet and sour meatball recipe,” said mom Heidi Lynn. “But it was lacking in vegetables and the meatballs were frozen, and not something I wanted to serve my kids. This challenge was the perfect thing for us, as it pushed me to find a better option. In doing so, I realized how much fun we have cooking together and how quickly you can make a meal with a helper! We would add low-fat yogurt, strawberries, and a couple of tablespoons of her grandma’s homemade granola as a side to this dish.”

Makes 6 servings

## INGREDIENTS

2 tablespoons packed brown sugar  
 1/2 teaspoon paprika  
 1/2 teaspoon garlic powder  
 1/2 teaspoon freshly ground black pepper  
 Crushed red pepper to taste  
 3 medium boneless, skinless chicken breasts, cut into thin strips  
 1 teaspoon sesame oil  
 1 green bell pepper, seeded and sliced  
 1 orange bell pepper, seeded and sliced  
 5 scallions, chopped  
 1 cup canned pineapple, cut into bite-size pieces, plus 2 tablespoons pineapple juice reserved from the can  
 6 whole wheat tortillas  
 Garnish: 1/4 head red cabbage, thinly sliced; 1/2 cup toasted sliced almonds

## PREPARATION

1. In a medium bowl, combine the brown sugar, paprika, garlic powder, black pepper, and crushed red pepper. Add the chicken and rub it all over with the spice mixture. Transfer the chicken to a large resealable plastic bag and refrigerate for at least 20 minutes and up to several hours.
2. In a large sauté pan or wok over moderately high heat, warm the oil. Add the chicken and cook, stirring occasionally, until completely cooked through, about 7 minutes. Transfer the chicken to a plate and set aside. Do not wash the pan. Add the bell peppers, scallions, and pineapple juice to the pan and cook for about 5 minutes. Add the pineapple pieces and cooked chicken and cook, stirring occasionally, for about 3 minutes.
3. Warm the tortillas in the microwave for 30 seconds. Divide the chicken and vegetable mixture among the tortillas, top each with some red cabbage and almonds, and serve.

**303 calories; 14g protein; 42g carbohydrates; 8g fat (1g saturated fat); 345mg sodium**





# Kangkong Pomegranate Salad

GENZO GONZALES, 11

"I wanted to feature locally grown produce that is abundant most everywhere in my island's villages, but more importantly is healthy and affordable," writes Genzo. "Our parents always remind us to eat the seasonal fruits and vegetables around us because they are locally grown naturally and are healthy and free from preservatives and chemicals. I would serve along with it a fresh and tropical coconut-avocado shake. I also enjoy fresh papaya salad." To make it heartier, add turkey breast, as well as chunks of avocado.

Makes 2 servings

## INGREDIENTS

1/2 cup pomegranate seeds or dried cranberries

1/2 cup freshly and roughly grated young coconut, or shredded unsweetened coconut

1 large guava, cut into bite-size pieces

1/2 cup cherry tomatoes, cut in half

2 cups freshly cut young sprouting kangkong leaves, or spinach

Juice of 1 tangerine

1 teaspoon olive oil

1 teaspoon honey

Salt and freshly ground black pepper

## PREPARATION

1. In a large bowl, stir together the pomegranate seeds or dried cranberries, coconut, guava, tomatoes, and kangkong leaves or spinach.

2. In a small bowl, whisk together the tangerine juice, oil, honey, salt, and pepper.

3. Pour the dressing over the salad and toss to coat. Serve and enjoy.

**209 calories; 3g protein; 31g carbohydrates; 10g fat (6g saturated fat); 120mg sodium**







# Kickin' Colorful Bell Peppers Stuffed with Quinoa

ANISHA PATEL, 11

"I came up with this recipe by watching my mom cook a lot of healthy vegetarian dishes that had a little kick to them with some spice," says Anisha. "I love eating lots of different types of fresh vegetables and fruits. For vegetarians my dish can be served with a garden salad and any nice fresh fruit. And for non-vegetarians I would serve it with grilled chicken or any other protein and fruit on the side."

Makes 4 to 6 servings

## INGREDIENTS

### For the pesto:

1 cup roughly chopped fresh cilantro leaves  
 1/4 cup olive oil  
 1/4 cup pine nuts  
 2 cloves garlic, peeled and mashed  
 2 tablespoons freshly squeezed lime juice  
 2 tablespoons freshly grated Parmesan  
 1/2 teaspoon crushed red pepper (add more if you want it spicier)  
 Salt and freshly ground black pepper

1/4 cup diced green bell pepper  
 1/4 cup diced zucchini  
 1/2 cup freshly grated Parmesan  
 3 tablespoons panko or plain bread crumbs  
 Olive oil

### For the peppers:

1 green bell pepper, stem and seeds removed  
 1 red bell pepper, stem and seeds removed  
 1 orange bell pepper, stem and seeds removed

### For the filling:

1 cup cooked quinoa  
 1 (16-ounce) can chickpeas, drained and thoroughly rinsed  
 1/3 cup diced tomatoes  
 1/4 cup diced red onion

## PREPARATION

### Make the pesto:

1. In a blender or food processor, combine the cilantro, olive oil, pine nuts, garlic, lime juice, Parmesan, and crushed red pepper and blend until smooth. Season to taste with salt and pepper. If the pesto is too thick, add a couple more drops of olive oil.

### Make the filling:

1. In a large bowl, combine the quinoa, chickpeas, tomatoes, red onion, green bell pepper, and zucchini. Add the pesto, season with salt and pepper, and stir to combine.

2. In a small bowl, stir together the Parmesan, bread crumbs, and a little olive oil to lightly moisten the mixture.

### Make the peppers:

1. Preheat the oven to 375°F.

2. Arrange the peppers in a large baking dish and stuff each one with an equal amount of the quinoa-vegetable mixture. Top each pepper with an equal amount of the Parmesan-bread crumb mixture. Pour about 1/4 inch of water into the bottom of the baking dish, cover it with foil, and bake until the peppers are tender, about 20 minutes. Remove the foil and place the peppers under the broiler, broiling just until the Parmesan-bread crumb mixture is light golden brown.

**371 calories; 11g protein; 19g carbohydrates; 27g fat (7g saturated fat); 332mg sodium**







# Taco de Camarón

OGDEN JOHNSON, 10

“One of my favorite foods is shrimp and we eat a lot of tacos,” says Ogden. “We like to eat it with corn tortillas because they are gluten-free. My other favorite food is broccoli and I like that I can heat it up all by myself. Pico de gallo is what my dad always makes with tacos and I love the fresh cilantro from our garden. He leaves the jalapeños out of mine. Cheese and sour cream are both good on tacos, too.”

Makes 6 servings

## INGREDIENTS

### For the pico de gallo:

6 medium plum tomatoes, diced

1/2 medium red onion, minced

3 tablespoons chopped fresh cilantro leaves

1/2 jalapeño, seeded and minced (optional)

Juice of 1/2 lime

1 clove garlic, minced

1 pinch garlic powder

1 pinch ground cumin

Salt and freshly ground black pepper

### For the shrimp tacos:

2 tablespoons olive oil

2 pounds shrimp, peeled and deveined

1/4 cup water

1 1/2 teaspoons chili powder

1 1/4 teaspoons paprika

1 1/4 teaspoons ground cumin

1 teaspoon onion powder

1 teaspoon salt

1/2 teaspoon garlic powder

1/2 head of fresh broccoli

12 corn tortillas

## PREPARATION

### Make the pico de gallo:

1. In a medium bowl, stir together the tomatoes, red onion, cilantro, jalapeño, lime juice, fresh garlic, garlic powder, cumin, salt, and pepper. Cover and chill in the refrigerator for at least 3 hours before serving.

### Make the shrimp tacos:

1. In a medium sauté pan over moderate heat, warm the oil. Add the shrimp, water, chili powder, paprika, cumin, onion powder, salt, and garlic powder and sauté, stirring occasionally, until the shrimp is no longer pink, about 5 minutes.

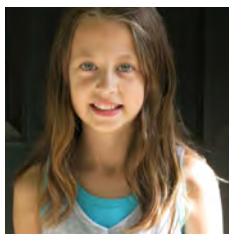
2. In a microwave-safe dish, steam the broccoli in the microwave until tender, about 3 minutes.

3. Warm the corn tortillas in the microwave.

4. Divide the shrimp mixture among the tortillas and serve with broccoli and pico de gallo.

**238 calories; 33g protein; 18g carbohydrates; 3g fat (.5g saturated fat); 790mg sodium**





# Salmon Fried Rice

AUDREY RUSSELL, 10

"We eat a lot of salmon in Oregon because it is a super healthy and delicious local fish," says Audrey. "Fried rice makes a great lunch because it combines protein, grains, and veggies all in one meal. I can even take it in my lunch box! My favorite thing to make with it is Caprese salad. My mom lets me cut cherry tomatoes in half and mix them with fresh mozzarella, basil, and olive oil to serve with the fried rice. We don't have dessert at lunch, but Greek yogurt, honey, and berries would be good."

Makes 4 servings

## INGREDIENTS

2 tablespoons oil  
 1 tablespoon minced ginger or garlic  
 2 medium carrots, diced  
 1 cup chopped fresh vegetables such as red bell pepper, broccoli, asparagus, or snow peas  
 2 cups flaked cooked salmon  
 3 cups cooked and chilled brown rice  
 2 tablespoons gluten-free soy sauce or tamari  
 Chopped fresh cilantro leaves for garnish (optional)

## PREPARATION

1. In a large nonstick sauté pan over moderately high heat, warm the oil. Add the ginger or garlic and sauté, stirring occasionally, until sizzling. Add the carrots and the vegetables of your choice and sauté, stirring occasionally, until they start to soften, about 3 minutes. Add the salmon and cook until heated through, about 2 minutes. Add the rice and soy sauce and continue to cook until the rice is hot. Top with cilantro, if using, and serve.

**552 calories; 34g protein; 41g carbohydrates; 23g fat (5g saturated fat); 750mg sodium**



# Lentil-Spinach Soup and Mint Chutney

**GANESH SELVAKUMAR, 9**

"When I was younger, I would love to play with lentils until I realized from my mom that they are very nutritious," says Ganesh. "I love green vegetables and decided to make a new recipe with vegetables and lentils. Last summer my mom and I planted a few mint plants in our garden. I loved to eat the fresh leaves. I don't want to waste those precious leaves and came up with a mint recipe with lentils. I would serve this with 2 cups of rice, a glass of 2% milk, and a bowl of berries with ½ cup yogurt."

**Makes 6 servings**

## INGREDIENTS

### For the mint chutney:

1/2 cup soaked dried split chickpeas  
 1 teaspoon olive oil  
 2 cups packed fresh mint leaves  
 1 cup chopped onion  
 2 fresh green chiles, seeded and thinly sliced  
 1 clove garlic, minced  
 1 teaspoon tamarind paste  
 1/2 teaspoon salt  
 1/2 cup water

### For the lentil soup:

2 cups cooked red lentils  
 2 cups chopped spinach  
 1/4 cup chopped onions  
 1/2 teaspoon salt  
 6 cups water  
 1 teaspoon olive oil  
 2 fresh green chiles, seeded and thinly sliced  
 1/4 teaspoon mustard seed  
 1/4 teaspoon crushed red pepper  
 Pinch of turmeric  
 Pinch of cumin seeds





## PREPARATION

### Make the mint chutney:

1. In a medium bowl, soak the split chickpeas in 4 cups of water for 30 minutes. Drain the chickpeas and set aside.
2. While the chickpeas are soaking, in a small sauté pan over low heat, warm the oil. Add the mint, onion, green chiles, and garlic and sauté, stirring occasionally, for 3 minutes. Remove the pan from the heat and let the mixture cool. Transfer to a blender, add the tamarind paste and salt along with the soaked chickpeas and  $\frac{1}{2}$  cup water and blend to make a paste.

### Make the lentil soup:

1. In a large saucepan over moderate heat, combine the red lentils, spinach, onion, and salt and cook for 10 minutes. Add the 6 cups of water, reduce heat to low, and simmer for 20 minutes.
2. While the soup is simmering, in a small sauté pan over low heat, warm the oil. Add the green chiles, mustard seed, crushed red pepper, turmeric, and cumin seeds and toast, stirring, until the mustard seeds pop, about 2 minutes. Stir the spice mixture into the soup, divide the soup among bowls, and top with the mint chutney.

**352 calories; 23g protein; 58g carbohydrates; 4g fat (.5g saturated fat); 452mg sodium**





# Yummy Eggplant Lasagna Rolls

**ALIANA ARZOLA-PIÑERO, 9**

"I practice rhythmic gymnastics, and my coaches always talk about the importance of good nutrition. They advise us to eat a balanced diet, including veggies," says Aliana. "My mom loves eggplants. I do not like eggplants that much; they have millions of seeds! However, I do love pasta, so we came up with this recipe: eggplant lasagna rolls. We combined the eggplant with other veggies. We spread the eggplant filling over the lasagna pasta and rolled them up. As a pasta lover, I had to cover the rolls with a bit of tomato sauce and cheese. Yummy! For dessert, we chose fresh clementine oranges."

**Makes 6 servings**

## INGREDIENTS

6 whole-grain lasagna sheets  
 1/4 cup olive oil  
 1 small onion, diced  
 2 cloves garlic, finely chopped  
 1/4 cup water  
 2 small eggplants, peeled and diced  
 2 small carrots, diced  
 1 red bell pepper, seeded and diced  
 18 black olives, pitted and finely chopped  
 1 tablespoon finely chopped fresh cilantro leaves  
 1/4 teaspoon salt  
 1 cup shredded low-fat mozzarella cheese  
 3/4 cup tomato sauce

## PREPARATION

1. Preheat the oven to 350°F.
2. In a large pot of boiling water, cook the lasagna until tender, about 7 minutes. Drain the lasagna and let it cool on a flat surface.
3. While the lasagna is boiling, in a large sauté pan over moderate heat, warm the olive oil. Add the onion, garlic, water, eggplants, carrots, bell pepper, olives, cilantro, and salt and cook, stirring occasionally, until the veggies are tender, about 8 minutes.
4. On a work surface, spread about 2 tablespoons of the eggplant filling over each lasagna noodle. Using about half of the total amount, divide the cheese among the lasagna noodles. Starting with the edge closest to you, roll each lasagna noodle tightly then secure with a toothpick. Place the lasagna rolls in a large baking dish and cover each one with some tomato sauce and the reserved cheese. Bake until the cheese is golden, 15 to 20 minutes.

**373 calories; 15g protein; 45g carbohydrates; 16g fat (4g saturated fat); 619mg sodium**



# Italian Garden Salsa with Crunchy Chicken Tenders

SAMANTHA MASTRATI, 12

"This lunch is brimming with the flavors of an Italian vegetable garden and is very nutritious. We love Italian food and the salsa is something we can make with vegetables from our garden," says Samantha. "It's very tasty with chicken combined with the crunchy coating." Her lunch also includes a 1/2 cup of strawberries, 1 ounce of whole-grain flatbread crackers, and an 8-ounce glass of fat-free milk.

Makes 4 to 6 servings

## INGREDIENTS

### For the Italian garden salsa:

2 cups diced ripe plum tomatoes  
 1/2 cup diced green bell pepper  
 1/2 cup diced Vidalia onion  
 1/4 cup diced celery  
 1 tablespoon minced garlic  
 1/8 teaspoon dried rosemary  
 1/8 teaspoon dried thyme  
 1/2 cup chopped fresh basil leaves  
 1/4 cup chopped fresh parsley leaves

### For the chicken tenders:

3/4 cup plain panko bread crumbs  
 1 1/2 teaspoons dried basil  
 1 teaspoon garlic powder  
 1 teaspoon dried parsley  
 2 tablespoons freshly grated Parmesan  
 2 large egg whites  
 2 tablespoons fat-free milk  
 1 pound skinless chicken tenders (about 8 to 10 pieces)  
 1 tablespoon olive oil



## PREPARATION

### **Make the Italian garden salsa:**

1. In a small saucepan over low heat, combine the tomatoes, peppers, onion, celery, garlic, rosemary, and thyme and cook, stirring occasionally, for 5 minutes. Add the basil and parsley and continue to cook, stirring occasionally, for 1 minute.

### **Make the chicken tenders:**

1. Preheat the oven to 400°F. Spray a dark baking sheet with cooking spray.
2. In a small bowl, stir together the bread crumbs, 1 teaspoon basil, garlic powder, parsley, and Parmesan.
3. In a second small bowl, beat the egg whites, milk, and remaining ½ teaspoon basil.
4. Working with 1 piece at a time, dip the chicken tenders into the egg mixture, making sure to coat both sides. Dip one side of the chicken tender into the bread crumb mixture, then flip it over to coat the other side. Dip the chicken tender back in the egg mixture and then back in the bread crumb mixture so it has two coats of each. Place the coated chicken tenders on the prepared baking sheet and repeat with the remaining chicken, egg mixture, and bread crumb mixture. Drizzle olive oil over the chicken and bake for 10 minutes. Flip the chicken tenders over, drizzle with more olive oil, and bake until golden brown, about 10 minutes. Serve with salsa.

**301 calories; 15g protein; 28g carbohydrates; 14g fat (3g saturated fat); 556mg sodium**



# Bring It On Brussels Sprout Wrap!

CORBIN JACKSON, 9

"I have been on a Brussels sprout kick lately so that is the first thing I thought of. And I knew that Brussels sprouts were healthy, so I picked that," says Corbin about his recipe. He recommends combining 2/3 cup of kefir with 1/3 cup pomegranate juice for a delicious drink to accompany the wrap.

Makes 10 servings

## INGREDIENTS

2 tablespoons chili powder  
 1 tablespoon ground cumin  
 1/2 tablespoon paprika  
 1/2 teaspoon garlic powder  
 1/2 teaspoon onion powder  
 1/2 teaspoon dried oregano  
 1 teaspoon salt  
 1 teaspoon freshly ground black pepper  
 2 tablespoons coconut oil  
 10 ounces Brussels sprouts, trimmed and finely chopped  
 1 (15-ounce) can organic pinto beans, rinsed and drained  
 2 small avocados, pitted  
 Juice from 2 limes  
 2 tablespoons chia seeds  
 10 whole wheat tortillas

## PREPARATION

1. In a medium bowl, stir together the chili powder, cumin, paprika, garlic powder, onion powder, oregano, salt, and pepper.
2. In a large sauté pan over moderate heat, warm the coconut oil. Add the Brussels sprouts and the seasoning mixture and cook until the Brussels sprouts soften and wilt slightly, about 5 minutes. Add the beans, lower the heat to low, and cook, stirring often, until the beans are heated through, about 3 minutes.
3. In a small bowl, use a fork to mash the avocados and lime juice into a creamy paste. Add the chia seeds and stir to combine.
4. Spread a thin layer of the avocado mixture on each tortilla then top with the Brussels sprout-bean mixture. Roll up the tortillas, tucking the sides in as you roll.

**289 calories; 7g protein; 35g carbohydrates; 13g fat (3g saturated fat); 455mg sodium**









# Hidden Veggie Lasagna

OWEN KERKVLIELT, 9

"I do not like eating vegetables when they are plain on my plate at home," admits Owen. "My mom hides vegetables in the food she makes sometimes, and she doesn't tell me they are in there until I am done eating. My mom and I came up with the recipe together. I love lasagna, and we hid the vegetables in the lasagna. I would serve it with grapes, my favorite fruit."

**Makes 12 servings**

## INGREDIENTS

1 (16-ounce) box whole-grain lasagna noodles  
 3 tablespoons olive oil  
 1 cup shredded carrots  
 1 medium head broccoli, chopped  
 1 medium red bell pepper, seeded and chopped  
 1 medium yellow onion, chopped  
 3 cups tomato sauce  
 32 ounces part-skim ricotta cheese  
 9 ounces chopped fresh spinach or thawed frozen spinach  
 1 1/2 cups part-skim shredded mozzarella cheese

## PREPARATION

1. Preheat the oven to 350°F.
2. In a large pot of boiling water, cook the lasagna noodles, according to package directions, until al dente. Drain the noodles and set them aside.
3. While the noodles are boiling, in a large saucepan over moderate heat, warm the olive oil. Add the carrots, broccoli, bell pepper, and onion and cook until tender, about 5 minutes. Add the tomato sauce to vegetables, and continue to cook, stirring occasionally, for 3 minutes.
4. In a large bowl, stir together the ricotta and spinach.
5. In a 9- by 13-inch baking dish, spread 1/3 of the vegetable-tomato sauce on the bottom. Arrange lasagna noodles lengthwise over the sauce. Spread the ricotta cheese mixture evenly over the noodles. Add more vegetable-tomato sauce, another layer of lasagna noodles, and another layer of the ricotta cheese mixture. Continue to layer the lasagna with the remaining sauce, noodles, and ricotta mixture. Top the lasagna with the mozzarella cheese, cover the baking dish with aluminum foil, and bake until the top is browned and the lasagna is heated through, about 45 minutes.

**349 calories; 21g protein; 41g carbohydrates; 13g fat (6g saturated fat); 505mg sodium**





# Makenna's Bodacious Banana Muffins

MAKENNA HURD, 9

"My mommy and I bake lots of muffins to raise awareness for Down syndrome. I walk in 'Walk for Success' each year with my family and almost always win a medal," says Makenna. "I would have my muffins alongside a yogurt parfait with strawberries and blueberries, and a nice green salad with only dark greens like kale and spinach and some cherry tomatoes and cucumbers." Her dad Mark reports that Makenna wants to open her own bake shop when she's older, and that she sells muffins to schools and businesses in the community to raise money for research and programs for Down syndrome.

Makes 12 servings

## INGREDIENTS

3 ripe bananas, mashed  
 2 large eggs  
 3/4 cup packed brown sugar  
 3/4 cup unsweetened applesauce  
 1/4 cup vegetable oil, plus more for pans  
 1 teaspoon pure vanilla extract  
 2 cups whole wheat flour  
 1 teaspoon baking soda  
 1 tablespoon ground cinnamon, plus more for pans

## PREPARATION

1. Preheat the oven to 350°F. Grease a 12-cup muffin pan with the vegetable oil and sprinkle a little cinnamon in the bottom of each cup.
2. In a large bowl, beat together the bananas, eggs, brown sugar, applesauce, oil, and vanilla.
3. In a medium bowl, whisk together the flour, baking soda, and cinnamon. Add the flour mixture to the banana mixture and stir until incorporated. Spoon the batter into the prepared muffin tray and bake until the tops of the muffins spring back when pressed lightly, about 30 minutes. Let cool and enjoy!

**201 calories; 4g protein; 35g carbohydrates; 6g fat (1g saturated fat); 123mg sodium**



# Slam Dunk Veggie Burger

DEVANSHI UDESHI, 12

"When I went grocery shopping with my mom, I came across quinoa in the grains aisle, so we decided to try it," says Devanshi. "I guess it tastes really good, so my mom and I created a burger recipe, which includes quinoa, a good source of protein. My healthy and delicious recipe can be served with a side dish of Super Scrumptious Strawberry Salad," which has spinach, strawberries, and red onion.

Makes 6 servings

## INGREDIENTS

1 cup quinoa, rinsed  
 2 cups of water  
 1/2 teaspoon kosher salt  
 1 cup chopped fresh cilantro leaves  
 1/2 cup whole wheat bread crumbs, unseasoned  
 1 medium white onion, finely chopped  
 1 large egg  
 1/3 cup chopped carrot  
 1/3 cup chopped green beans  
 1/3 cup sweet corn  
 1/4 cup feta cheese  
 1 clove garlic, minced  
 1 tablespoon extra-virgin olive oil  
 1 teaspoon ground cumin  
 1/4 teaspoon freshly ground black pepper  
 6 whole wheat hamburger buns

For garnish:

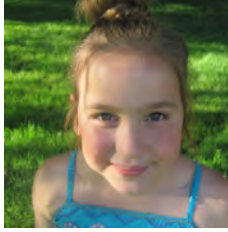
Avocado, lettuce, and tomato

## PREPARATION

1. Preheat the oven to 400°F.
2. In a medium saucepan combine the quinoa, 2 cups of water, and 1/4 teaspoon salt. Bring to a boil then reduce the heat to low and simmer until the quinoa is tender, about 15 minutes. Transfer to a large bowl. Add the cilantro, bread crumbs, onion, egg, carrot, green beans, corn, feta, garlic, oil, cumin, pepper, and the remaining 1/4 teaspoon salt and stir to thoroughly combine. Let the mixture sit for 5 minutes so the bread crumbs can absorb some moisture.
3. Divide the mixture into 6 even parts and shape each one into a 1-inch-thick patty. Arrange the patties on a baking sheet and bake for 20 minutes. Flip the patties over and continue baking until light brown, about 5 minutes. Serve the patties on the buns, garnished with avocado, lettuce, and tomato.

**346 calories; 12g protein; 57g carbohydrates; 9g fat (2g saturated fat); 552mg sodium**





# Lucky Lettuce Cups

CECILY ASPLUND, 10

"Me and my mom love to be in the kitchen! I was in Mandarin immersion at my school for three years, and when we had Chinese dumplings, I became interested in Chinese food," recalls Cecily. "Mom and I experimented with these delicious Chinese-style lettuce cups. I love how the crunchy lettuce, peanuts, and veggies go with the tender rice. I like to have it with a side of grilled pineapple, Greek honey yogurt, and a good old glass of water!"

Makes 4 servings

## INGREDIENTS

2 tablespoons safflower oil  
 3/4 pound boneless, skinless chicken breasts, cut into 1-inch cubes  
 4 scallions, thinly sliced, plus 2 scallions sliced diagonally, for garnish  
 1 (2-inch) piece fresh ginger, peeled and grated  
 2 large cloves garlic, minced  
 1 cup zucchini, cut into 1-inch cubes  
 1 cup red bell pepper, cut into 1-inch dice  
 1 cup yellow bell pepper, cut into 1-inch dice  
 1 cup lightly salted roasted peanuts  
 1 cup cooked short-grain brown rice  
 1 tablespoon brown sugar  
 1 tablespoon soy sauce  
 1 1/2 teaspoons rice wine vinegar

1/2 teaspoon salt  
 1/4 teaspoon hot chile sauce (optional)

1 head butter lettuce, washed and separated

## PREPARATION

1. In a large sauté pan over moderate heat, warm 1 tablespoon oil. Add the chicken and sauté, stirring occasionally, until cooked through and brown, 5 to 7 minutes. Transfer to a plate and set aside. Do not wash the pan.
2. In the same pan over moderate heat, warm the remaining 1 tablespoon oil. Add the 4 thinly sliced scallions, along with the ginger and garlic and sauté, stirring occasionally, for 1 minute. Add the zucchini, red and yellow bell peppers, peanuts, and rice, and cook, stirring occasionally, for 3 minutes. Add the brown sugar and cook, stirring occasionally, for 3 minutes. Add the cooked chicken, along with the soy sauce, vinegar, salt, and hot chile sauce, if using.
3. Mound the rice and vegetable mixture in the middle of a large serving plate and garnish with diagonally sliced scallions. Surround the rice with lettuce cups. To serve, spoon the rice and vegetable mixture into lettuce cups and eat with your fingers, taco-style.

**400 calories; 28g protein; 19g carbohydrates; 25 fat (3g saturated fat); 649mg sodium**





# Champ's Maple BBQ Turkey Burgers

COLIN HURLIMAN, 9

"I chose this recipe because it uses ingredients that Vermont is known for. Some of my favorite Vermont products are apples, maple syrup, and cheese," says Colin. "Champ is the mascot of our local baseball team. He is active and fun and I bet he would love this burger! I bet he would also be happy that so many fruits and vegetables are hidden in the burger. I love to eat this with fresh apple slices or baked sweet potato French fries."

Makes 8 servings

## INGREDIENTS

### For the barbecue sauce:

Cooking spray  
 1/4 medium sweet onion, diced  
 1/2 cup chicken broth  
 3/4 cup ketchup  
 1/4 cup apple cider  
 2 tablespoons maple syrup  
 1 teaspoon apple cider vinegar (optional)

1 apple, peeled and shredded  
 1 large egg, beaten  
 1/2 cup whole wheat bread crumbs

### To serve:

8 whole-grain buns, cheddar cheese (1/2 ounce per burger), lettuce, and pickles

### For the burgers:

Cooking spray  
 1 medium carrot, diced  
 1 medium stalk celery, diced  
 1/2 medium sweet onion, diced  
 1 pound lean ground turkey





## PREPARATION

### Make the barbecue sauce:

1. Spray a sauté pan with cooking spray and place over moderate heat. Add the onion and sauté, stirring occasionally, until translucent, about 3 minutes. Add the chicken broth, ketchup, apple cider, maple syrup, and apple cider vinegar (if using) and continue to cook, stirring frequently, until thickened, about 20 minutes. Pour sauce through a sieve or strainer to remove any onion pieces and discard the onion.

### Make the burgers:

1. Spray a medium nonstick sauté pan with cooking spray and place over moderate heat. Add the carrot, celery, and onion and sauté, stirring occasionally, until the vegetables start to soften, about 5 minutes. Remove the pan from the heat and let the vegetables cool.

2. Once the vegetables are cool, transfer to a large bowl. Add the ground turkey, apple, egg, and bread crumbs and stir until well combined. Divide the mixture into 8 equal parts and form each one into a ball. Using the palm of your hand, gently flatten each ball into a patty.

3. Heat a grill or sauté pan and cook the burgers, flipping once, until cooked through, about 5 minutes per side. During the last 2 minutes of cooking time, top each burger with cheddar cheese and let the cheese melt.

4. To serve, spread 2 tablespoons of barbecue sauce on each bun. Add the burger, top with lettuce and pickles, and serve with sliced apples. Enjoy!

**384 calories; 28g protein; 39g carbohydrates; 14g fat (7g saturated fat); 786mg sodium**



# Zucchini Pancakes & Passion Fruit Banana Smoothie

SAKARI CLENDINEN, 8

"On the weekend, we make pancakes from scratch in shapes that go along with family celebrations. These have a healthy twist and are delicious," says Sakari. "At first we were going to use sour cream, but I don't like that. So we made a cream cheese and yogurt mixture that I love. Bananas and passion fruit grow in our yard, and we make really tasty smoothies with them to go along with the pancakes."

Makes 4 servings

## INGREDIENTS

### For the zucchini pancakes:

2 medium zucchinis, trimmed and grated

Salt

1/2 cup fat-free plain Greek-style yogurt

3 ounces cream cheese

1 large egg plus 2 large egg whites

1 clove garlic, minced

1/3 cup whole wheat pastry flour

1/4 cup Parmesan

Freshly ground black pepper

2 tablespoons oil

### For the passion fruit banana smoothies:

8 passion fruits, seeded and flesh removed

4 bananas

2 cups fat-free plain Greek-style yogurt

2 tablespoons honey

8 ice cubes

## PREPARATION

### Make the zucchini pancakes:

1. In a colander, combine the grated zucchini with a pinch of salt and let it sit for 15 minutes to drain any excess liquid. Wrap the zucchini in paper towels and wring out any excess liquid.

2. In a small bowl, stir together the yogurt and cream cheese.

3. In a large bowl, beat the egg, egg whites, and garlic. Fold in the flour and Parmesan, and season with pepper. Add the zucchini and stir just until combined.

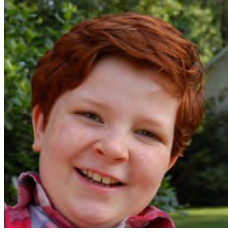
4. In a large sauté pan over moderate heat, warm the oil. Spoon 1 heaping tablespoon of batter into the pan and cook until golden brown, 2 to 3 minutes per side. Continue with the rest of the batter, covering the finished pancakes to keep them warm. Serve the pancakes topped with a dollop of the yogurt and cream cheese mixture.

### Make the passion fruit banana smoothies:

1. In a blender, combine the passion fruits, bananas, yogurt, honey, and ice cubes, and blend until smooth.

**409 calories; 18g protein; 64g carbohydrates; 12g fat (7g saturated fat); 324mg sodium**





# Orange Chicken Lettuce Wraps

CAMPBELL KIELB, 8

“Campbell has autism, and the changes we have made in our family’s diet—eliminating processed foods and replacing with fresh fruits, veggies, and meat—have had the most effective impact on his behavior along with ABA therapy,” says his mom, Erin. “He has embraced this new lifestyle and loves to help me cook. So when we read about this challenge, he wanted to create something new. These lettuce wraps are wonderful served warm or cold. And they have to be served with a side of blueberries and cantaloupe, which we call Campbelloupe because he eats so much of it.”

Makes 8 to 10 servings

## INGREDIENTS

4 cloves garlic, minced  
 3 medium boneless, skinless chicken breasts  
 2 oranges  
 1 (8-ounce) can water chestnuts, chopped  
 1/3 cup rice vinegar  
 1/3 cup honey  
 2 tablespoons Liquid Coconut Aminos (or regular soy sauce if no one is gluten- or soy-sensitive)  
 1 tablespoon grated fresh ginger  
 1 1/2 teaspoons crushed red pepper  
 8 scallions, chopped, white and green slices separated  
 3 yellow bell peppers, seeded and diced  
 3 red bell peppers, seeded and diced  
 3 orange bell peppers, seeded and diced

3 cups warm cooked brown jasmine rice

Romaine lettuce hearts, separated into large leaves

## PREPARATION

1. Bring a large pot of water to a boil. Add the garlic and chicken and cook until the chicken is cooked through, about 10 minutes. Let cool, then transfer the chicken and garlic to a bowl and use a fork to shred the chicken into bite-size pieces.

2. Zest 1 orange then squeeze the juice from both oranges—you should have about 1 cup of juice total. Transfer both the zest and juice to a medium saucepan and add the water chestnuts, vinegar, honey, Liquid Aminos, ginger, crushed red pepper, and the white scallion slices. Place the saucepan over moderate heat and cook until the mixture comes to a boil, about 3 minutes. Add the shredded chicken and return the mixture to a boil, stirring to make sure the chicken is coated in the sauce. Reduce the heat and simmer for 5 minutes. Add the bell peppers and the greens from the scallions and cook until the peppers are tender, about 5 minutes. To serve, spoon the rice, chicken, and sauce into the romaine leaves.

**219 calories; 8g protein; 46g carbohydrates; 1.3g fat (0g saturated fat); 295mg sodium**







# Nummy No-Noodle Lasagna

AMBER KELLEY, 10

"Lasagna is delicious, but the noodles do nothing for you, and it can be super greasy. So we created this easy-and-fun-to-make, gluten-free, healthy lasagna packed with flavor," says Amber. "It uses zucchini as the noodles, and trust me, it tastes so good, we eat the whole pan every time! We serve it with a big green salad, and sometimes a piece of gluten-free toast on the side. Yum!" Adds mom Yohko: "The kids love to assemble the lasagna, and I welcome the quality family time!"

Makes 8 servings

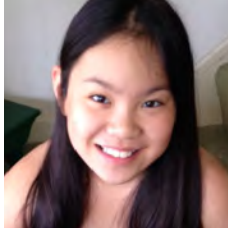
## INGREDIENTS

3 to 4 small zucchinis  
 2 tablespoons olive oil  
 1 medium onion, chopped  
 2 cloves garlic, minced  
 1 1/2 pounds sweet Italian turkey sausage, casings removed  
 1 (28-ounce) can crushed tomatoes in tomato purée  
 1 (6-ounce) can tomato paste  
 1 tablespoon dried basil  
 Freshly ground black pepper  
 2 ounces (or less) freshly grated Parmesan  
 8 ounces (or less) shredded mozzarella cheese

## PREPARATION

1. Preheat the oven to 400°F.
2. Use a mandoline or knife to cut the zucchini into paper-thin slices. Place the zucchini slices on paper towels and let them dry out at room temperature while you make the sauce.
3. In a large sauté pan over moderate heat, warm the oil. Add the onion and sauté, stirring occasionally, until soft, about 5 minutes. Add the garlic and sauté, stirring occasionally, 1 minute. Add the sausage and cook, stirring to break up the meat, until cooked through, 8 to 10 minutes. Add the crushed tomatoes, tomato paste, basil, and pepper and simmer, uncovered, until thickened, about 20 minutes.
4. To assemble, spread about 3/4 cup of the sauce into the bottom of a 9- by 13-inch baking dish. Layer zucchini on the sauce, overlapping it slightly, then sprinkle with some of the Parmesan and mozzarella. Continue to layer the lasagna with the remaining sauce, zucchini, and both cheeses, finishing with sauce and a sprinkle of Parmesan. Bake the lasagna until the sauce is bubbling, about 30 minutes. Broil the lasagna until a crust develops, 1 to 2 minutes. Let cool slightly before serving.

**422 calories; 13g protein; 17g carbohydrates; 28g fat (11g saturated fat); 922mg sodium**



# Spicy Tofu Lettuce Cups

JESSICA WOLFE, 9

"I was born in China and adopted as a baby. Even though I haven't lived in China for a long time, I still love Chinese flavors," says Jessica. "This is a traditional Chinese dish called ma-po tofu that my mom and I added a lot of vegetables to, so it's healthier and easier to eat at lunch. The lettuce helps you to add a lot of veggies because you can wrap up whatever you want to include, then crunch them up together like you were using a tortilla."

**Makes 10 to 12 servings**

## INGREDIENTS

### For the sauce:

1 cup chicken broth  
 6 tablespoons reduced-sodium soy sauce  
 2 tablespoons sugar  
 2 tablespoons chili-garlic sauce  
 2 tablespoons sesame oil

### For the tofu:

1 tablespoon vegetable oil  
 2 tablespoons minced garlic  
 2 tablespoons peeled and minced fresh ginger  
 1 pound ground chicken breast  
 1 (14-ounce) package firm

tofu, drained of liquid (press between paper towels) and cut into cubes

2 tablespoons cornstarch

1 to 2 tablespoons water

1 head iceberg lettuce, leaves separated

1 red bell pepper, seeded and thinly sliced

1 medium cucumber, peeled and thinly sliced

1 medium carrot, thinly sliced





## PREPARATION

### Make the sauce:

1. In a small bowl, whisk together the chicken broth, soy sauce, sugar, chili-garlic sauce, and sesame oil. Set aside, stirring occasionally to ensure the sugar is dissolved.

### Make the tofu:

1. In a large sauté pan over moderate heat, warm the vegetable oil. Add the garlic and ginger and sauté for 1 minute. Add the ground chicken and cook, stirring to break up the meat, until the chicken is cooked through and there are no pink spots, about 6 minutes. Add the tofu and the reserved sauce and simmer, covered, until the tofu is warmed through, about 5 minutes.

2. In a small bowl, whisk together the cornstarch and water. Add this to the pan and continue to simmer, stirring, until the mixture is hot, about 2 minutes.

3. Serve by taking one lettuce leaf, adding a few strips of red bell pepper, cucumber, and carrot then spooning some of the tofu mixture on top. Roll and eat.

**154 calories; 11g protein; 8g carbohydrates; 9g fat (2g saturated fat); 386mg sodium**



# Wisconsin Solar Oven-Simmered Chili

LIAM KIVIRIST, 11

We love cooking with garden vegetables,  
Which on our Wisconsin farm we grow.  
We raise veggies with compost, mulch and love.  
Organic agriculture is what we know.  
But our favorite chili recipe comes with two twists:  
First, pumpkin adds a dash of sweet.  
Garden tomatoes, onions, garlic, and peppers,  
Give it fresh, delicious flavor that can't be beat.  
The second twist is how we cook on the farm,  
We harness the heat of the sun during the day,  
We put the chili pot in a solar oven and simmer,  
It's super kind to the earth to cook this way.  
Invite your neighbors as this makes a big pot,  
Serve with fruit kabobs for a healthy meal sure to please,  
Top with Greek yogurt and don't forget,  
To sprinkle on some fabulous Wisconsin cheese!  
--Lisa Cindy Kivirist

**Makes 8 servings**

## INGREDIENTS

1/2 pound lean ground turkey  
1 medium onion, diced  
3 cloves garlic, minced  
1 red bell pepper, seeded and diced  
1 green bell pepper, seeded and diced  
1 cup tomato sauce  
2 medium tomatoes, diced  
1 (15-ounce) can black beans, rinsed and drained  
1 (15-ounce) can kidney beans, rinsed and drained  
1 (15-ounce) can pumpkin purée  
1 cup low-sodium chicken broth  
2 teaspoons chili powder  
2 teaspoons ground cumin  
1 teaspoon paprika  
1 teaspoon ground cinnamon  
1 teaspoon sea salt  
1/2 cup cooked quinoa  
Optional toppings: Plain Greek-style yogurt, shredded cheddar cheese



## PREPARATION

1. In a nonstick skillet over moderate heat, cook the ground turkey, stirring to break up the meat, until browned, about 5 minutes. Add the onion, garlic, and bell peppers and sauté, stirring occasionally, until tender, about 5 minutes.

2. In a medium-size slow cooker, combine the tomato sauce, tomatoes, black and kidney beans, pumpkin purée, chicken broth, chili powder, cumin, paprika, cinnamon, and salt. Add the turkey mixture and stir to combine. Cook on low for 6 hours or on high for 3 hours. (You can also simmer this in a large pot on the stove for about 3 hours or bake it in an ovenproof dish in a 300°F solar oven for about 3 hours.) Add the cooked quinoa and stir to incorporate. Serve with your favorite healthy chili toppings such as plain Greek-style yogurt or shredded cheddar cheese.

**208 calories; 21g protein; 28g carbohydrates; 2g fat (.25g saturated fat); 917mg sodium**





# Scrumptious Chili with Zucchini Cornbread

BREEZE PETTY, 11

"I love warm comfort foods, and one of my favorites is chili and cornbread," says Breeze. "My favorite fruit and veggies are strawberries and zucchini, so if you add the zucchini to the cornbread and serve strawberries on the side, you have the perfect healthy meal."

Makes 12 servings

## INGREDIENTS

### For the scrumptious chili:

- 1 tablespoon oil
- 2 pounds ground lean turkey
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 4 (15-ounce) cans chili beans in sauce
- 2 (15-ounce) cans petite diced tomatoes
- 2 (8-ounce) cans tomato sauce
- 3 teaspoons chili powder

### For the cornbread:

- 1/2 cup unbleached all-purpose flour
- 1 1/2 cups cornmeal
- 1/4 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup plain nonfat yogurt
- 2 large eggs, beaten
- 1 cup shredded zucchini

## PREPARATION

### Make the scrumptious chili:

1. In a large sauté pan over moderate heat, warm the oil. Add the turkey and cook, stirring to break up the meat, until browned and cooked through, about 10 minutes. Add the onion and garlic and cook until translucent, about 5 minutes. Add the chili beans in sauce, tomatoes, tomato sauce, chili powder, and simmer, stirring occasionally, for 20 minutes.

### Make the cornbread:

1. Preheat the oven to 400°F. Lightly grease an 8- by 8-inch baking pan or spray it with cooking spray.
2. In a large bowl, whisk together the flour, cornmeal, sugar, baking soda, and salt. Stir in the yogurt, eggs, and shredded zucchini. Be careful not to overmix—stir only until just blended. Pour the batter into the prepared pan and bake until the center springs back when gently pressed, 20 to 25 minutes.

**364 calories; 30g protein; 56g carbohydrates; 3g fat (.5g saturated fat); 802mg sodium**

